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October 2015
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Middle East

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Vintage cottage cake, recipe p54

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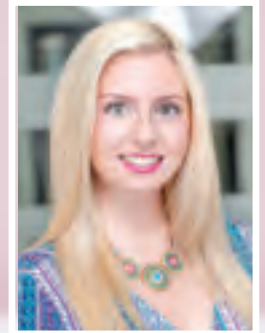


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TAVOLA



Welcome!



So it begins – the season of celebration! My favourite time of year, where we start to see temperatures cool here in the Middle East, fresh produce markets reappear outdoors, and a refreshing vibrancy of life gets re-injected into the region as people gradually move back outside to dine socially.

First up on the celebratory list this month we have *BBC Good Food Middle East's* eighth birthday, and five lovely, local bakers have whipped up a selection of delicious cakes for you to try at home (*What's a party without cake?* pg54). In the wise words of Buddy Valastro: "Cakes are special. Every birthday, every celebration ends with something sweet, a cake, and people remember. It's all about the memories." And the 'Cake Boss' is right. Although personally not particularly an avid lover of sweets, I just love how celebration cakes bring family and friends together, creating the perfect centre point to any event.

Next on the social calendar comes the German holiday, Oktoberfest (*Flavours of the Month*, pg11), followed by the internationally celebrated spook-fest, Halloween on October 31 (*Trick or Treat*, pg49). Shortly trailed by Diwali, Thanksgiving and Christmas – the list goes on!

And, while news of upcoming festivities ignites excitement, it also sparks worries of waste. With parties comes leftovers and with leftovers comes waste, which is why I feel it important to highlight October 16th – the day that marks World Food Day. It's no secret that world hunger remains an inexcusable, continuous issue across the globe, and in recognition, this date honours the fight against hunger and unnecessary food disposal. I'd love to hear how you combat food waste in the kitchen! Waste not, want not, right?

Enjoy cooking this month, everyone!

Sophie
Editor

WHAT WE'RE LOVING!



"I love pumpkins and I can't wait to try my hand at these delicious recipes," says Sales Manager, Michael.



Assistant Editor, Surena says: "Jams are such a great way of sweetening early mornings, and homemade is always far better than store-bought."



"The cake recipes are a yummy highlight this month, be sure to check them out," says Designer, Odie.



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QUESTION OF THE MONTH

Currently, what are your top three restaurants in Dubai and why?

Q & A



Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

It really depends on my mood and budget. With several starry openings this month, the already competitive and vibrant restaurant scene could get even more exciting. However, no one ever seems to knock La Petite Maison off the top slot with its combination of a casual vibe in smart surroundings and a menu where everything is utterly appealing. Secondly, Hakkasan excels at interesting tasty Asian inspired morsels. Lastly, I'm missing chaat after my recent trip to India so will be heading to Rangoli in Meena Bazaar, Bur Dubai for their excellent pani puri.

In Dubai, I find it difficult sourcing organic and healthy options on menus when eating out as a family. This is something that I'm very aware of at The Croft and we have a range of organic, non-gluten, non-dairy, and healthy options. As a family, we enjoy dining at Be Super Natural by Haley Mac, and Nick and Scott's Taste Kitchen. The best meal my wife Tracy and I have had in Dubai was at Social by Heinz Beck when Matt Brown was the manager. First class service and food.

Darren Velvick

Chef de cuisine at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



Tomas Reger

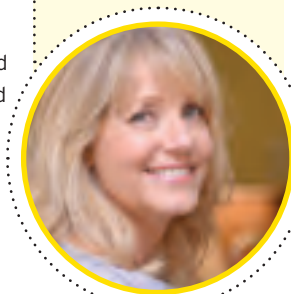
Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London. Founder of Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.

I'd start with Boca, it's a fairly new restaurant in DIFC serving Mediterranean influenced dishes. Chef Maxime uses great ingredients and the food is always well executed. Secondly, Manna Land, a casual Korean restaurant near the Union Flag. I am yet to have a bad dish there and it is probably the place I go to most often. Then, Reflets par Pier Gagniere, it must be one of the best restaurants in Dubai. The execution of the dishes is amazing and I have always enjoyed their impeccable, yet relaxing service.

Price is a huge consideration for selection to eat out these days. The three that offer the best clean food, which is nutrient dense and not spout with industrial veg oils and refined white items such as wheat flour and sugar include, firstly, Bistro at Galeries Lafayette for the best vegan food on the planet. The Farm at Al Barari, which uses the best locally sourced ingredients and has many gluten-free options. For somewhere a little more pricey, Rhodes Twenty10 at Le Royal Meridien, which uses excellent steaks.

Kate Fisher

A highly qualified and experienced nutritionist who is a trained microbiologist, and graduate of Nutritional Medicine from university of Surrey. Among other things she has worked with private clinics and food brands, as a nutrition consultant.



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Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol



Store Directory

Contact numbers for outlets featured in this issue

Bloomingdale's Dubai: 04-3505464

Carrefour: 04-80073232

Fiore Rosso: 04-2517868

Galleries Lafayette: 04-3399933

Jashanmal: 04-3471715

Lakeland: 04-3236081

O Concept: 04-3455557

Spinneys: 04-3555250

Tavola: 04-3402933

Villeroy & Boch: 04-3399676

Waitrose: 04-4340700

Zara Home: 04-3453373

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

Your say

We love hearing from you!



Win!

The winner of the Star Letter, gets a **DHS1,000 SHOPPING VOUCHER FROM TAVOLA**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop-shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, La Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

Star Letter

BBC Good Food ME really inspires me to try out the healthy recipes that are often featured in the magazine. I regularly wonder how to make my son's lunchbox more interesting - other than including the usual sandwiches and fruits - but when I got the September issue, I saw some great, healthy recipes and was curious to try them! I made the potato, spring onion, dill and cheese frittata from the 'School's in!' recipe feature. It was delicious and my son loved it. Now it's his favourite breakfast/lunch that he shares with his friends! Thank you BBC Good Food ME for being such a fabulous magazine. Keep up the great work!

Hannah Joji



I have been BBC Good Food ME fan for years, but I am embarrassed to say that I hardly ever try the recipes, though I do like the advice, general ideas and articles that the magazine provides.

One of my all-time favourite dishes is Moussaka, but it's something I only ever eat while on holiday. As there was a cheat's moussaka in the September issue, I thought it sounded easy enough to make. I was pleasantly surprised because not only was it easy to cook, but it also tasted amazing and even my husband, who doesn't normally eat vegetables like aubergines usually, scooped it all up. It's a big thumbs up from the whole family - apart from the dog as there were no leftovers that day!

Veronika Kennedy



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.

Insta foodie

Here's what we're loving from our social media pages!



Share your moments!

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Flavours of the month

Here is what's hot and happening around town this month.

New on the block

➤ The Croft

Doors to chef Darren Velvick's latest project, The Croft, have opened at Dubai Marriott Harbour Hotel. The new spot offers a cool, urban ambiance - perfect for families and friends to enjoy a modern twist on traditional British food. Don't miss the fish and chips (yes, proper chips!). *Call 04-3194794.*



➤ KIZA

Dubai's first authentic, fine-dining African restaurant and lounge, KIZA, has opened at DIFC. Using some of Africa's finest spices, chef Hadj has developed a menu with popular dishes from across the continent. After dinner expect an opulent ambience at the lounge and bar area where an Afrojazz band plays. *Call 04-3372265.*

➤ Pearls by Michael Caines

With the grand opening set for October 1, Jumeirah at Etihad Towers has welcomed a new restaurant - Pearls by Michael Caines. With top-to-bottom glass walls, the restaurant is a fitting venue for chef Michael's exciting modern, European menu. *Call 02-8115555.*

➤ Dusty's, DIFC

Offering everything from breakfast to dinner in a warm, relaxed setting, Dusty's is now open in DIFC. The homegrown dining outlet serves a range of international dishes including lobster tacos, crispy duck salad and Dusty's Red Chicken, baby chicken marinated in yoghurt and coriander. *Call 04-3545435.*

The Croft, Dubai Marina

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

➤ Fumé, Manzil Downtown Dubai

Fumé makes its second Dubai appearance, with the opening its downtown outlet. Diners down the other end of town can now enjoy comfort food on their doorstep, where a menu inspired by epicurean adventures throughout Europe, North and South-East Asia is available. Known for its variety of cooking methods on meats and fish, expect smoking, pickling, preserving and braising. Call 04-4568784.

➤ Maison Mathis, Dusit Thani Dubai

Truffle lovers, rejoice! Maison Mathis has launched a specialised truffle menu, for breakfast, lunch and dinner. Start the day with truffle poached eggs served on a bed of asparagus, with fresh shavings of black truffle, a creamy potato stack and truffle vinaigrette, or maybe the truffle farfalle for dinner - a pasta dish with button mushrooms and a creamy truffle infused sauce. Prices from Dhs55. Call 04-3357769.



➤ Spirito Lounge & Kitchen

Now in its third month of operation, Spirito Lounge & Kitchen at Media One Hotel, Dubai Media City brings Brazilian flavours to life. With authentic South American dishes - all inspired by street food, the restaurant's menu by chef Nilton Rodigo Ceccarelli, includes specialties like pastel de carne (light pastry filled with spicy braised beef, smashed avocado & lime), coxinha (smoked chicken croquettes with romesco sauce) and more. Call 04-4212679.

➤ Hofbräuhaus, JW Marriott Hotel Dubai

Throughout October, Hofbräuhaus has its doors open to a live German band and hearty food in celebration of Oktoberfest. Get your dirndl and lederhosen on and try out the a la carte menu on weekdays or buffet packages on Thursdays and Fridays. From Dhs275 with soft beverages. Call 04-6077977.

➤ Der Keller, Jumeirah Beach Hotel

Enjoy warm German hospitality at Dubai's oldest licensed restaurant, as it reopens after refurbishment. There's now more choice than ever on chef Marcel's menu, with dishes from Austria, Switzerland and Germany. In addition to authentic German meat dishes, new additions include Swiss Raclettes and Austrian Schnitzel. Der Keller has a special Oktoberfest menu all month. Call 04-3665866.

➤ RIVA, Palm Jumeirah

For an evening of haunting dishes, wicked brews and mysterious chic attire, head to RIVA this Halloween, where dishes of a spooky set-menu will take you on a frightful journey. From a witches brew, black ravioli in 'blood sauce', to slow braised beef ribs and a graveyard cake to finish. Priced from Dhs225 for adults and Dhs65 for the little monsters. Guests are encouraged to come in Halloween costumes. Call 04-4309466.

➤ Shades, The Address Dubai Marina

Liven things up at the scariest Halloween party in town on October 31 at Shades. Expect pumpkins, decorations, spider webs, movies plus plenty of tricks and treats. With an a la carte menu available, there'll also be spooky cocktails and special dishes on offer to mark the occasion. Call 04-4367777.



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Each month, we review two of the city's top tables.

Dinner shows

Where: Pacha Ibiza Dubai, Souk Madinat Jumeirah

What's it like: If you're wanting a night of entertainment, quality Mediterranean-infused cuisine and a bit of a boogie, the recently launched Ziya dinner show is not one to miss out on. Drawing inspiration from the great journey of Ibn Battuta, Ziya offers a magical journey through Arabia.

Shortly after being seated, expect to be awed by impressive aerialists, followed by intervals of

equally breathtaking acts, including mysterious magicians, acrobats, hip dancers, and contortionists - all in character to take you on an expedition of excitement!

Impeccably prepared by executive chef Renaud Olivier, comes a three-course menu (with three variants to choose from), which is served in-between acts. Our dining experience began with perfectly steamed chicken and prawn dumplings, followed by a gorgeous fresh crab salad. Mains

of mouthwatering wagyu beef and tender Chilean sea bass followed, all paired with cooked-to-perfection greens.

By the time dessert of delicious chocolate parfait and berry meringue arrived, performers had diners dancing - everyone really got into the evening's theatrics!

Would I go back? Absolutely! This isn't any ordinary dinner, however. Be prepared for your evening to transition into a night-out with lots of dancing!

If you want to go:

Selected weeknights, starting at 7.00pm and 9.30pm. Set menu prices start at Dhs350, Dhs450 and Dhs650 with house beverages. Call 04-567000.



Sophie McCarrick

Where: The Act, Shangri-La Hotel, Dubai

What's it like: Fall down the rabbit hole at The Act's curious new Alice dinner show for an evening filled with fun, music and of course, sumptuous food.

The magical journey begins from the moment you step out of the lift with the infamous playing cards marching through the waiting area as you sip on peculiar cocktail concoctions labelled with 'antidote to reality'!

The venue's renowned for its thrilling dinner show concepts with musical, acrobatic and dance performances, but the Alice show is like no other and transports you to mystical Wonderland.

The Act serves fine Peruvian cuisine with a touch of Japanese-infusion created by chef Roberto Gonzales. Starters soon

arrive, which include an assortment of sushi, succulent beef and moreish cheesy Yucca buns before the show commences.

An extraordinary experience from start to finish, each chapter of the classic tale is performed meticulously with close attention to detail, while incorporating the audience, so don't be surprised when characters join you for dinner or you see the white rabbit dashing past.

Mains are equally as impressive with rich, creamy mushroom ravioli for vegetarians, salads and flavoursome sea bream.

The evening continues with a flurry of excitement with dessert served in unforgettable theatrical form and more awe-inducing gymnastic performances up until midnight.



Surena Chande

If you want to go: Every Tuesday and Wednesday, starting at 8pm. Dhs495 for a three-course set menu and beverages. Call 04-3551116.

Photographs supplied and by REVIEWER



NEWS nibbles

What's hot and happening in the culinary world, here and around the globe.

Gourmet gossip

We're grilling chefs in the region with some of the juiciest culinary questions

What do you believe are the hottest ingredients to be cooking with this month and what ingredients are you enjoying using?



Chef Jason Atherton

Marina Social

"I'm crazy about sea urchin at the moment. I think it's that saline, real sea flavour that I love about it. That's why I love going to Japanese restaurants, I'll order the hot rice where they put the Nori on top and then completely cover it with the sea urchin and mix it in with the rice."



Chef Maksim Tvorogov

Vesna

"I really love mushrooms because they make dishes more vibrant. I use an interesting variant, dried mushrooms, which can grind to a state of flour and be added as a spice into dishes like noodles making the flavours of the meal much more interesting!"



Chef Jitze Esterhuizen

Clinton Street

"I would say the ingredients this month are a well-balanced combination of the last of the summer's fruits and vegetables such as heirloom tomatoes, wild blueberries, rocket leaves and cucumbers, and the first autumn vegetables such as pumpkin, broccoli and Brussel sprouts. We always focus on seasonal ingredients for our dishes as we source organic produce wherever possible."



App-solutely brilliant

The Look & Cook app is free for both iPhone and Android

This nifty app has been described as being a virtual 'sous' chef. Clean, simple and informative, the Look & Cook app guides you through its recipes from start to finish with the ingredients clearly listed, recipes accompanied by informative step-by-step pictures and videos, and even the ability to order any appliances and tools needed. Whether you consider yourself a pro in the kitchen or just trying your hand at a few dishes, this is the ultimate cooking companion. Complete with serving sizes, the cooking time and prep time, this app makes even the most complex of recipes simple and fuss-free so you can ensure your nutritious meal is on the table as fast as possible. Look & Cook features breakfast ideas, options for vegans and dinner party offerings so it'll constantly be by your side in the kitchen, plus having the app on your phone or tablet means it won't take up as much room as a giant recipe book or laptop!

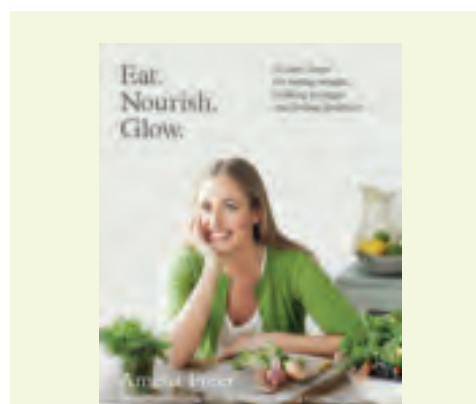
Compiled by SURENA CHANDE | Photographs SUPPLIED SHUTTERSTOCK.COM

Go-to-gadgets

With Lakeland's super-simple **Spiralizer**, cook up a – healthy – storm in the kitchen. Transform your **vegetables** into **spaghetti-like spirals** so you can swap stodgy pasta with one of your 5-a-day. The **handy appliance** comes with three interchangeable steel blades and is easy to use and allows you to make dishes like **courgetti** (courgette spaghetti) and **zoodles** (zucchini noodles) that you can cook scrumptiously **nutritious meals** with. **Vegetable Spiralizer**, Dhs230, Lakeland Stores.



One should *eat to live*, not *live to eat*
– Molière



Culinareads

Eat. Nourish. Glow
by Amelia Freer

Having transformed the bodies and lifestyles of celebrity and normal clients alike, Amelia Freer's book aims to guide you through a healthy eating journey. This isn't your average 'diet' book, which advises dramatic cut-backs. Instead Freer, a qualified Nutritional Therapist, shares some of the best methods to implement a complete lifestyle alteration gradually that is both long-lasting and unintimidating. Singer Sam Smith's remarkable transformation initially helped this book's popularity, but it now has a huge following and can be found at KinoKuniya, The Dubai Mall, for Dhs111.

Trending

This – now highly-coveted – frying pan has been drawing attention from all over the world on social media. The five-compartment 'Master Pan' found fame after an image of a scrumptious breakfast being cooked on it went viral. Gone are the days of cooking your Friday fry-ups on several humble frying pans because, with this savvy invention, your big brekkies will never be the same again! Just imagine how much washing-up time you'll save. Get your hands on this non-stick saviour at www.masterpan.com.



DATES FOR THE DIARY



October 31: Spook-tacular!

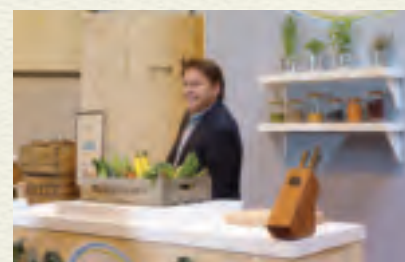
Enjoy some Halloween entertainment at Picante, Four Points by Sheraton Bur Dubai with the restaurant's fabulously spooky buffet from 12pm to 3pm, which will be full of fun, food and flowing beverages! Starting from Dhs140 per person. For more information visit www.picantedubai.com.

November 5-7: A tasty treat

The annual Taste of Abu Dhabi festival is returning to the capital next month filled with plenty of superb restaurants that will be showcasing a variety of delicious cuisines, and celebrity chefs including Eric Lanlard, Valentine Warner and Suzanne Hussein will be headlining the event. Visit www.tasteofabudhabi.com for more information.

November 20-21: Ready, steady, bake!

The first 'Dubai Bake Festival' is coming to the Green Park within Dubai Investment Park. Set to be a one-stop destination for bakery enthusiasts, the festival will combine baking workshops, live music, cooking competitions, plenty of food and an entertaining atmosphere. Contact bakefest@rennogg.com.



December 17-19: An unmissable show

For the first time ever, the BBC Good Food Show is debuting in the region. Complete with celebrity chefs Paul Hollywood, James Martin, Silvena Rowe and Andy Bates who will be cooking in the renowned Supertheatre. For more information and tickets, visit www.bbcgoodfoodshowdubai.com.

Q&A Culinary

Expert food
advice for you
and your family



Tomas Reger,
*independent chef and founder of
Tomas Reger Food Consultants,
addresses your culinary dilemmas.*

Q. What is the best way to get a fluffy sponge when baking cakes?

Baking is pretty much a science and you need to follow the rules to get the best results. Have all your ingredients ready and at room temperature. Make sure your oven is pre-heated and your baking tin is greased – any extra time your batter is left on the counter will mean less fluffy cake. Once you've creamed the butter and sugar, start adding the eggs – one at a time, until well combined. You need to be patient but also work fast as this is the time the batter can subside. Be careful when folding in the flour – do not overwork or stir too vigorously – the batter could split and be tough.

Q. When cooking for people who are coming to your house for the first time,

what is a safe, go-to dish to make?

There is only one rule for a dinner party to be a success and that is ensuring the host/hostess is relaxed and welcoming. There is no point in trying to impress guests with a complicated dish, only to stress yourself out. Preparation is a key. Ask your guests about their allergies – it's absolutely acceptable these days as many people have various dietary restrictions or follow a specific diet. Have a couple of canapés ready – from vegetable crudité to artisan crisps and dips. Cold starters such as pâté or ceviche are always popular. Make dishes that will not require you to spend the whole evening in the kitchen. It is easier to cook the meat in one piece and carve it than cook individual portions, and the same goes for fish.

Q. How can I keep my chicken from getting dry in the refrigerator when I am taking it for lunch the next day?

It is important to not overcook your chicken in the first place, as this causes moisture loss. It also helps to brine the meat before cooking. Store it in airtight container or keep it wrapped in cling film.

Q. I'm trying to cut down on fats when cooking. How can you make mashed potatoes creamy without using dairy?

The texture and flavour will never really be the same without using plenty of butter and cream, however a good substitute is to add broth (chicken or vegetable will do) once your potatoes are cooked. It helps to use the potato ricer to get them nice and fluffy. If you don't have broth ready, try adding little bit of olive oil.



Nutrition Q&A

I struggle to eat healthily at work. Could you suggest a few simple, nutritious snacks that are filling and provide an energy boost?

Snacking is never a good idea as the hormonal insulin response needs to rest generally for around four hours between meals to work effectively. However, the three snacks that I'd suggest include organic chocolate which is 70% cocoa and above only. Eat slowly and with lots of water to feel fuller faster. Secondly, coconut chunks, which will satisfy a sweet tooth, or plain biltong pieces for a meaty kick.

What seasonal produce would you recommend incorporating into my kitchen this month, and why? Over the summer most fresh produce has been imported from Egypt or Lebanon. However, ingredients such as cucumbers, tomato, capsicum and fresh herbs particularly continue to grow inland a little closer to home in Dubai, in places like Al Ain and Buraimi – so I'd recommend them, in addition to other fresh greens like zucchini and eggplant as winter approaches.



Kate Fisher,
*a highly qualified
and experienced
nutritionist, is
here to keep
you healthy
and happy.*

WIN! A TRIP TO TUSCANY!

In celebration of the restaurant opening, anyone who dines at Trattoria Toscana will be given the chance to win a trip to Tuscany in Italy! All you have to do is provide your name and contact information whilst enjoying dinner at the restaurant, and leave the rest to luck when a winner is chosen at random on December 25!

A journey though *Tuscany*

For authentic Tuscan cuisine at its best, take a trip to the recently reopened and rebranded Trattoria Toscana at Souk Madinat Jumeirah, formerly Toscana. Now with a warm and inviting new look, the restaurant's relaxed, Italian-inspired atmosphere provides the perfect setting for a family get-together with home-style, traditional food – all at an affordable price.



Lovers of authentic Italian cuisine, prepare to travel through rural Tuscany at Trattoria Toscana. Along with its new, homely look, the restaurant has reopened with a new, rustic menu, all brought to you by a team of enthusiastic staff direct from Italy. Staying true to its roots, expect extremely generous portions at Trattoria Toscana, which ensure value for money. The entire menu is inspired by the laid-back lifestyle of Tuscany and comprises many hearty and wholesome dishes, made with love – ideal for enjoying with family or friends.

The casual, all-day-dining eatery uses only the freshest, high-quality ingredients to enhance the natural flavours of signature dishes, which include a range of baked pastas, creamy risottos, delicious flat-bread pizzas and slow cooked tender braised meats. You'll also find a selection of succulent seafood, crisp salads and a range of regional desserts including

'torta della Nonna' and tiramisu.

"Trattoria Toscana offers something for everyone. We serve simple Tuscan-inspired food, made with love by our Italian chefs; good, wholesome, authentic cuisine that appeals to the whole family whether toddler, teenager, parent or grandparent. With a warm and inviting environment, the restaurant offers a relaxed dining experience that revolves around the 'famiglia' and fresh, seasonal flavours," says Marco Di Pasquale, the restaurant's general manager.

Diners can start the day the Italian way, with Caffè e Cornetto, a menu of light fare and coffee at the bar or outside. Lunch and dinner served both inside and outdoors, will feed the heart and soul from afternoon through to the evening.

What's more, the beloved practice of Aperitivo, runs everyday helping diners transition from the day to the evening, alongside the Souk's idyllic waterways.

WHERE: Trattoria Toscana, Souk Madinat Jumeirah

WHEN: Daily 10.30am to 11.45pm

MAKE A RESERVATION: 04-3665866 | JRGreservations@jumeirah.com

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WHO DOES THE TITLE

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AWARDS

Middle East

2015

Celebrating the best in food from across the region, voting for the 6th annual awards is open in the run up to Dubai's most anticipated glittering ceremony on December 16, 2015 – marking the official launch of the first ever BBC Good Food Show Dubai on December 17 – 19!

VOTE NOW!

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- * RESTAURANT OF THE YEAR - DUBAI
- * RESTAURANT OF THE YEAR - ABU DHABI
- * BEST NEW RESTAURANT - DUBAI
- * BEST NEW RESTAURANT - ABU DHABI
- * RESTAURANT OF THE YEAR - DOHA
- * BEST EUROPEAN RESTAURANT
- * BEST ASIAN RESTAURANT

- * BEST CONTEMPORARY BRITISH RESTAURANT
- * BEST LATIN AMERICAN RESTAURANT
- * BEST MIDDLE EASTERN RESTAURANT
- * BEST INDIAN RESTAURANT
- * BEST STEAK HOUSE
- * BEST BRUNCH

- * BEST SEAFOOD RESTAURANT
- * BEST EXPERIMENTAL RESTAURANT
- * BEST HEALTHY EATING RESTAURANT
- * BEST FINE DINING RESTAURANT
- * BEST CASUAL DINING RESTAURANT
- * BEST FOOD BLOGGER

CHEF CATEGORY

- * CHEF OF THE YEAR

HOME COOKING CATEGORY

- * FAVOURITE SUPERMARKET
- * FAVOURITE HEALTHY FOOD STORE/MARKET

- * FAVOURITE STORE CUPBOARD BRAND
- * FAVOURITE DAIRY BRAND

- * FAVOURITE BEVERAGE BRAND

ACCESSORIES CATEGORY

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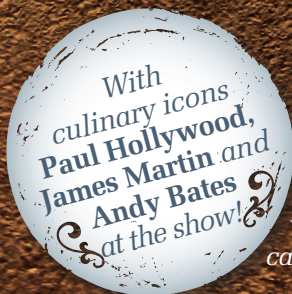
VOTE AND WIN ON:

www.bbcgoodfoodme.com/awards/2015

By voting, you stand a chance of winning a very special prize – stay tuned for details!

Anyone can vote! Log onto www.bbcgoodfoodme.com/awards/2015 to nominate and vote for your favourites in each category. On November 12, the top ten nominees in each category (with the highest votes) will be listed on our website. Voting will then continue until December 3, and the winners will be revealed at our gala awards event on December 16.

*Winner of the Chef of the Year will be chosen by an independent judging panel.



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Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

Halloumi panzanella salad, recipe p24

IN THIS SECTION



* Enjoy wholefoods in their most natural state, **P27**



* Get experimental with fresh seafood and fish this month, **P36**



* Throw a fantastic halloween party with this menu, **P49**

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Recipes KATY GILHOOLY Photographs ROB STREETER

Pastrami & sweet potato hash

SERVES 4 PREP 15 mins COOK 35 mins
EASY **LOW CAL** **FIBRE** **VIT C** **IRON** **1 OF 5 A DAY** **GLUTEN FREE**

- 800g sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- 1 tbsp smoked paprika
- 1 large red onion, halved and thinly sliced
- 2 garlic cloves, finely chopped
- 6 thyme sprigs, leaves picked
- 4 slices pastrami, cut into strips
- 4 eggs
- small pack flat-leaf parsley, chopped

1 Heat oven to 200C/180C fan. Toss the sweet potatoes with 1 tbsp oil, paprika and seasoning. Spread over a shallow roasting tin and cook in the oven for 30 mins. Heat the remaining oil in a large non-stick frying pan and add onion, garlic and thyme. Cover with a lid and cook over a low heat for 15-20 mins. Add the pastrami and fry for another 5 mins until the pastrami is starting to crisp.

2 Bring a large pan of water to a simmer. Add the sweet potatoes to the onion pan. Add the eggs to the water and simmer until the whites are cooked and the yolks are still soft. Stir parsley through the hash, divide between 4 bowls and top with the eggs.

PER SERVING energy 423 kcs • fat 13g • saturates 3g • carbs 59g • sugars 31g • fibre 11g • protein 13g • salt 0.7g

Dhs 5 per serving



Dhs 9 per serving

Tomato, runner bean & coconut curry

SERVES 4 PREP 15 mins COOK 30 mins
EASY **V** **FIBRE** **VIT C** **IRON** **3 OF 5 A DAY**

- 1 tbsp vegetable or rapeseed oil
- 1 large onion, finely chopped
- 2 tbsp mild tandoori curry paste
- small pack coriander, stalks finely chopped, leaves roughly chopped
- 2 limes, 1 juiced, 1 cut into wedges
- 200g red lentils
- 400ml can coconut milk
- 300g basmati rice
- 400g cherry tomatoes, halved
- 300g stringless runner beans, thinly sliced on the diagonal

1 Heat oil in a large, heavy-based saucepan. Add onion and cook for 5-10 mins on medium heat until softened. Add the paste, coriander stalks and lime zest, and cook for 1-2 mins until fragrant. Tip in the red lentils, coconut milk and 400ml hot water, and boil. Turn down and simmer for 15 mins. Put a pan of water on to boil and cook the rice.

2 Add tomatoes and runner beans to the lentils and cook for 5 mins. Drain the rice. Add lime juice and coriander leaves to the curry. Serve with rice and lime wedges.

PER SERVING energy 716 kcs • fat 24g • saturates 16g • carbs 98g • sugars 10g • fibre 9g • protein 22g • salt 0.6g

Dhs 9 per serving

Sesame beef meatballs with chilli noodle broth

SERVES 4 PREP 15 mins COOK 25 mins **EASY**
FOLATE **FIBRE** **VIT C** **IRON** **1 OF 5 A DAY** **meatballs only**

- 500g pack beef mince
- 3 red chillies, 1 finely chopped, 2 sliced
- 2 tbsp soy sauce
- 2 tbsp hoisin sauce
- 50g sesame seeds
- small pack coriander, stalks finely chopped, leaves picked
- 1 tbsp sesame oil
- 25g ginger (peeled weight), finely grated
- 500ml chicken stock
- 250g dried egg noodles
- 1 large head of broccoli, cut into florets

1 Heat oven to 180C/160C fan. Mix the beef, finely chopped chilli, 1 tbsp soy sauce, 1 tbsp hoisin sauce, two-thirds of the sesame seeds and coriander stalks. Roll into 16 meatballs. Bake for 15 mins on tray.

2 Add the oil, sliced chilli and ginger to hot saucepan and cook for 1 min. Add the chicken stock, remaining hoisin and soy sauces, and bring to the boil. Tip in the noodles and cook for 3 mins. Add the broccoli and simmer for 3-4 mins. Top with the meatballs and sprinkle with the remaining sesame seeds and coriander leaves to serve.

PER SERVING energy 641 kcs • fat 26g • saturates 7g • carbs 53g • sugars 7g • fibre 8g • protein 44g • salt 2.4g



Food styling ELLIE JARVIS



Dhs 13 per serving

Scandi trout with fennel potato salad

SERVES 4 PREP 15 mins COOK 25 mins

EASY **LOW CAL** **FIBRE** **VIT C** **OMEGA-3** **1 OF 5 A DAY**

800g new potatoes

1 small red onion, halved and thinly sliced

1 small fennel bulb, cored and thinly sliced, fronds reserved

juice and zest 1 lemon

1 tbsp wholegrain mustard

1 tsp clear honey

1 tbsp olive oil

4 trout fillets, skin on

100g soured cream

1/2 small pack dill, leaves finely chopped

1/2 small pack flat-leaf parsley, leaves finely chopped

1 Heat oven to 200C/180C fan. Put the potatoes in a pan of boiling salted water and simmer for 15 mins until cooked, then drain. Put the onion and fennel in a bowl, cover with the lemon juice and set aside. Mix half the lemon zest with the mustard, honey and oil. Place the trout, skin-side down, on a baking tray lined with parchment. Brush the mustard glaze over the trout and bake in the oven for 10 mins until just cooked and starting to flake.

2 Once the potatoes are cool enough to handle, slice them into 1 cm-thick pieces and tip into a large bowl. Mix the remaining lemon zest with the soured cream, dill, parsley and some seasoning. Spoon over the potatoes and stir through. Add the onion and fennel, and mix gently. Sprinkle the reserved fennel fronds over and serve with the trout.

PER SERVING energy 437 kJ • fat 18g

• saturates 6g • carbs 34g • sugars 7g • fibre 7g

• protein 30g • salt 0.4g

Dukkah-crusted aubergine steaks

SERVES 2 (easily doubled) **PREP 15 mins**

COOK 30 mins **EASY** **V** **CALCIUM** **FOLATE** **FIBRE** **VIT C**

IRON **2 OF 5 A DAY**

25g blanched hazelnuts, toasted

1 1/2 tsp cumin seeds, toasted

1 1/2 tsp fennel seeds, toasted

1 large aubergine, trimmed and sliced lengthways into 4 thick steaks

2 tbsp olive oil

juice 1 orange, zest of 1/2

175g couscous

small pack mint, leaves picked and finely chopped

2 tbsp pomegranate seeds

150g pot natural yoghurt

1 To make the dukkah, lightly crush the hazelnuts, cumin and fennel seeds, and a pinch of salt. Heat oven to 180C/160C fan and heat a griddle pan over a medium heat. Brush the aubergine steaks with 1 tbsp olive oil, griddle for 8-10 mins each side, then place on a parchment-lined baking tray. Divide orange zest between the steaks, then top each with the dukkah. Bake for 5-10 mins until the dukkah is toasted. Boil the kettle.

2 Put the couscous in a heatproof bowl, add 225ml boiling water, cover and leave for 5 mins, then fluff up the couscous with a fork. Mix together the orange juice, remaining olive oil, mint and seasoning. Add to the couscous and stir. Divide the couscous between 2 plates, top with aubergine steaks and pomegranate seeds. Serve with yoghurt.

PER SERVING energy 543 kJ • fat 24g

• saturates 4g • carbs 61g • sugars 16g • fibre 9g

• protein 16g • salt 0.2g



Dhs 10 per serving

Dhs 10 per serving



Vietnamese chicken wraps

SERVES 4 PREP 20 mins COOK 20 mins

EASY **2 OF 5 A DAY** **V** **CALCIUM** **FOLATE** **FIBRE** **VIT C**

1/2 cucumber, halved, deseeded and sliced

1 small carrot, grated

1 tbsp white wine vinegar

2 tbsp vegetable oil

8 boneless, skinless chicken thighs, cut into thin strips

2 garlic cloves, finely chopped

25g ginger (peeled weight), finely grated

3 tbsp light brown soft sugar

2 tbsp soy sauce

8 mini or 4 large soft flour tortillas

2 Little Gem lettuces, leaves separated and cut in half

1 Put the cucumber, carrot and vinegar in a small bowl and set aside. Heat 1 tbsp oil in a frying pan, add the chicken and fry on a medium heat until cooked through. Remove and set aside. Pour the remaining oil into the pan and lower the heat. Add the garlic and ginger, and cook for 2 mins. Add the sugar, soy sauce and 150ml water, and bubble for 5 mins until saucy. Return the chicken to the pan and heat through.

2 Place lettuce, chicken, pickled cucumber and carrot inside warm tortilla wraps.

PER SERVING energy 519 kJ • fat 16g • saturates

3g • carbs 59g • sugars 20g • fibre 5g • protein 32g

• salt 2.1g >>



Dhs 11 per serving

Crab risotto

SERVES 2 (easily doubled) **PREP** 10 mins
COOK 25 mins **EASY** **1 OF 5 A DAY**

1 litre hot vegetable or fish stock
25g unsalted butter, plus an extra knob
1 small onion, finely chopped
1 garlic clove, finely chopped
175g risotto rice
zest 1 lemon, juice of 1/2, the other 1/2 cut into wedges to serve
140g frozen peas
170g can crabmeat chunks, drained
1 tbsp finely snipped chives

1 Heat the stock in a saucepan and bring to a gentle simmer. Melt the butter in a separate medium saucepan, add the onion and garlic, and fry on a low-medium heat for 5 mins until softened but not coloured. Tip in the rice and cook for 1-2 mins until the rice is hot. Add the lemon zest with 1 ladleful of hot stock and stir constantly. Once the stock has been absorbed, continue to add it, a ladleful at a time, until the rice is cooked – this will take around 18 mins.

2 When the rice is almost cooked but still has a little bite, tip in the peas, lemon juice and crabmeat, then season and cook for 3 mins more. Once the rice is cooked, turn off the heat, add a knob of butter and a splash more stock, and leave to sit for 2 mins. Sprinkle over the chives and serve with lemon wedges.

PER SERVING energy 560 kcs • fat 15g
• saturates 8g • carbs 78g • sugars 8g • fibre 10g
• protein 24g • salt 21g

Lamb chops with griddled courgette & feta salad

SERVES 2 **PREP** 15 mins **COOK** 25 mins
EASY **FOLATE** **VIT C** **IRON** **2 OF 5 A DAY** **GLUTEN FREE**

2 tbsp olive oil
2 tbsp chopped thyme leaves
4 lamb chops
2 small courgettes, sliced into 1cm-thick rounds
200g mangetout
1 tbsp red wine vinegar
1/2 tsp Dijon mustard
1/4 tsp chilli flakes (optional)
small handful mint leaves, roughly chopped
small handful basil leaves, roughly chopped
25g feta, crumbled

1 Heat a griddle over a high heat. Mix 1 tbsp oil with the thyme and seasoning, and brush over the lamb chops. Cook the chops for 3-4 mins each side, then stand them up and griddle the fat for 1-2 mins. Remove to a plate, wrap in foil and leave to rest.

2 Brush the courgettes with the remaining oil and season. Griddle for 2-3 mins each side until they are soft and have marks. Cook the mangetout for 3 mins in a pan of boiling water. Drain and tip into a bowl with the courgettes. For the dressing, mix vinegar, mustard, chilli flakes, mint and basil, then toss in the courgettes and mangetout. Serve the veg with lamb chops and top with feta.

PER SERVING energy 498 kcs • fat 31g
• saturates 10g • carbs 6g • sugars 5g • fibre 4g • protein 47g • salt 1.0g



Dhs 15 per serving

Halloumi panzanella salad

SERVES 4 **PREP** 15 mins plus standing **COOK** 5 mins
EASY **V** **FOLATE** **FIBRE** **VIT C** **3 OF 5 A DAY**

1 large red onion, halved and finely sliced
4 tbsp red wine vinegar
800g ripe vine tomatoes, cut into irregular chunks
290g jar red and yellow roasted peppers, drained and roughly chopped
1 ciabatta loaf (about 270g), cut into 2cm chunks
1 tbsp extra virgin olive oil
250g block halloumi, cut into 8 thick slices
small pack basil, leaves picked

1 Put the red onion in a large bowl and mix with the vinegar and a pinch of salt. Leave to sit for 10 mins. Add the tomatoes, peppers, ciabatta and olive oil, and toss together. Leave to sit for 15 mins so that the bread absorbs all the juices.

2 Meanwhile, heat a non-stick frying pan over a medium heat and cook the halloumi for 3-4 mins each side until golden. Check the seasoning of the salad, then tip out onto a large platter. Top with the halloumi, then roughly tear the basil leaves and scatter over.

PER SERVING energy 501 kcs • fat 23g • saturates 11g • carbs 47g • sugars 12g • fibre 6g • protein 24g • salt 2.9g **BT**

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**Chicken & avocado
salad with blueberry
balsamic dressing,
recipe p30**

Veggie meatballs with tomato courgetti, recipe p30





Herby lamb fillet with caponata, recipe p30



Chicken & avocado salad with blueberry balsamic dressing

Use cooked chicken, poach or gently pan-fry a breast.

Check the label when buying cooked beetroot – some have additives. For a meat-free salad, add a handful of pumpkin seeds instead of the chicken.

SERVES 2 PREP 15 mins COOK 5 mins

EASY **LOW CAL** **FIBRE** **3 OF 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE**

- 1 garlic clove**
- 85g blueberries**
- 1 tbsp extra virgin rapeseed oil**
- 2 tsp balsamic vinegar**

- 125g fresh or frozen baby broad beans**
- 1 large cooked beetroot, finely chopped**
- 1 avocado, stoned, peeled and sliced**
- 85g bag mixed baby leaf salad**
- 175g cooked chicken, chopped**

- 1** Finely chop the garlic. Mash half the blueberries with the oil, vinegar and some black pepper in a large salad bowl.
- 2** Boil the broad beans for 5 mins until just tender. Drain, leaving them unskinned.
- 3** Stir the garlic into the dressing, then pile in the warm beans and remaining blueberries with the beetroot, avocado, salad and chicken. Toss to mix, but don't go overboard or the juice from the beetroot will turn everything pink. Pile onto plates or into shallow bowls to serve.

PER SERVING energy 402 kcs • fat 19g
• saturates 3g • carbs 18g • sugars 10g • fibre 10g • protein 34g • salt 0.3g

FOR THE TOMATO COURGETTI

- 2 large or 3 normal tomatoes, chopped**
- 1 tsp tomato purée**
- 1 tsp balsamic vinegar**
- 2 courgettes cut into 'noodles' with a spiralizer, julienne peeler, or by hand**

- 1** Finely chop the garlic. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins. Stir in the balsamic vinegar and cook for 2 mins more. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth. Stir in the almonds and sweetcorn with the thyme, a third of the chopped garlic and the balsamic onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.
- 2** Heat oven to 220C/200C fan and bake the veggie meatballs for 15 mins until firm. Meanwhile, put the tomatoes, tomato purée and balsamic vinegar in a pan and cook with 2-3 tbsp water until pulpy, then stir in the remaining garlic and courgetti. Turn off the heat as you want to warm the noodles rather than cook them. Serve with the veggie meatballs.

PER SERVING energy 258 kcs • fat 11g
• saturates 1g • carbs 24g • sugars 12g • fibre 9g
• protein 12g • salt 0.7g



Herby lamb fillet with caponata

A delicious roast can be healthy, as this low-calorie recipe proves.

SERVES 2 PREP 10 mins

COOK 25 mins **EASY** **LOW FAT** **LOW CAL** **3 OF 5 A DAY**

CALCIUM **FOLATE** **FIBRE** **VIT C** **IRON** **GOOD 4 YOU** **GLUTEN FREE**

- 3 garlic cloves**
- FOR THE CAPONATA**
- 2 tsp rapeseed oil**
- 1 red onion, cut into wedges**
- 1 aubergine, sliced and quartered**
- 500g carton passata**
- 1 green pepper, deseeded and sliced**
- 6 pitted Kalamata olives, halved**
- 2 tsp capers, rinsed**
- 1 tsp chopped rosemary**
- 1 tsp balsamic vinegar**
- FOR THE LAMB & POTATOES**
- 4 baby new potatoes, halved**
- 1 tsp chopped rosemary**
- 1 tsp rapeseed oil**
- 250g lean lamb loin fillet, all visible fat removed**
- 240g bag baby spinach**
- finely chopped parsley (optional)**

- 1** Slice 2 garlic cloves for the caponata, finely grate the other for the lamb and set aside. Heat the oil for the caponata in a wide pan, add the onion and fry for 5 mins to soften. Tip in the aubergine and cook, stirring, for 5 mins more. Add the passata and pepper with the olives, capers, rosemary and balsamic vinegar, then cover and cook for 15 mins, stirring frequently.
 - 2** Meanwhile, heat oven to 190C/170C fan. Boil the potatoes for 10 mins, then drain. Mix the grated garlic with the rosemary and some black pepper, then rub all over the lamb. Toss the potatoes in the oil with some more black pepper, place in a small roasting tin with the lamb and roast for 15-20 mins. Wilt the spinach in a pan, and squeeze to drain any excess liquid.
 - 3** Stir the garlic into the caponata and serve with the lamb, either whole or sliced, rolled in parsley if you like, with the potatoes and spinach.
- PER SERVING** energy 483 kcs • fat 17g
• saturates 5g • carbs 40g • sugars 24g • fibre 17g • protein 34g • salt 1.4g **BT**



Veggie meatballs with tomato courgetti

Instead of tossing in pasta, these veggie meatballs are accompanied

by the lighter option of courgetti. Using ground almonds instead of breadcrumbs increases the protein; it also means they are gluten-free.

SERVES 2 PREP 15 mins COOK 15 mins

EASY **LOW FAT** **LOW CAL** **FOLATE** **FIBRE** **VIT C** **3 OF 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE**

- 3 garlic cloves**
- FOR THE VEGGIE MEATBALLS**
- 2 tsp rapeseed oil, plus extra for greasing**
- 1 small onion, very finely chopped**
- 2 tsp balsamic vinegar**
- 100g cooked red kidney beans (canned is fine)**
- 1 tbsp beaten egg**
- 1 tsp tomato purée**
- 1 heaped tsp chilli powder**
- 1/2 tsp ground coriander**
- 15g ground almonds**
- 40g cooked sweetcorn**
- 2 tsp chopped thyme leaves**

LURPAK® RASPBERRY ALMOND STREUSEL CAKE

PREP
20 mins

COOK
45 mins

SERVES
8

What you need:

For the streusel topping:

- 25g Lurpak® Baking
- 50g plain flour
- A pinch of salt
- 25g caster sugar
- 50g toasted flaked almonds

For the cake:

- 200g Lurpak® Baking
- 200g caster sugar
- 4 eggs
- 200g plain flour
- 1 tsp. vanilla extract
- 1 tsp. rose water (optional)
- 1 level tsp. baking powder
- 250g raspberries or blueberries

What you do:

Preheat the oven to 160°C / 180°C Fan Assisted / Gas Mark 4.

Grease a 20cm spring form tin, then line the base with baking paper.

For the streusel topping, melt the Lurpak® Baking in a small pan, then stir in the flour, salt and caster sugar. Mix with a wooden spoon to make a crumbly mixture and gently fold in the flaked almonds.

To make the cake mix, put the Lurpak® Baking into a large bowl and beat with the sugar to make a light, creamy mixture. Next, beat in the eggs one at a time. If the mixture starts to curdle, add a spoonful of flour.

Add the vanilla extract and the optional rose water, then, using a large metal spoon, gently fold in the remaining flour and baking powder. If the batter doesn't easily drop off the spoon, add a little milk.

Spread the mixture in the tin and dot with the raspberries or blueberries. Cover with the streusel mixture and bake in the oven for 45 minutes.

Leave the cake to cool in the tin for 15 minutes then remove and serve.



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Learn *to* fillet *a* fish

Are you a lover of fresh fish, but are not quite sure how to prepare it? Here we take you, step by step, through a classic cookery technique that you'll use time and time again

EQUIPMENT YOU'LL NEED

- Chopping board
- Large knife
- Kitchen scissors
- Filleting knife or medium knife with flexible blade (as sharp as possible)
- Tweezers or pliers

STEP 1

Remove the scales. Grip the fish by the tail (dip your fingers in salt to give you grip). Scrape the skin against the direction of the scales from tail to head and using the back of a large knife or a fish scaler and wash the fish under cold, running water.

STEP 2

Using kitchen scissors, cut off all the fins which you'll find along the back of the fish, behind the head and under the body. Take care – they can be sharp and spiky.

STEP 3

Wipe the fish clean with a cloth. Then, using kitchen scissors, cut open the belly from just above the tail to the head and pull out all the guts.

STEP 4

Cut away any remaining pieces of gut left in the cavity, then wash the fish thoroughly in cold, running water.

STEP 5

Take a medium-size sharp knife with a flexible blade. Put the fish on a board with the tail facing you. Make a cut across the fish behind the head until you reach the backbone.

STEP 6

Keep knife close to the backbone and flat; start to cut the fillet away and lift off. Turn the fish over and repeat, keeping your hand firmly pressed down on the fish to make it easier. Repeat with the other fish.

STEP 7

Stroke the fillets with your hand from head to tail to find any bones that might be left. Remove them using tweezers or pliers. Trim off any raggy edges around the fillets to give you a neat shape.



Grilled bass with sauce vierge

Bass can vary in size but for this dish you will need to start with two, each weighing between 600-800g, which you'll cut into four fillets. Grilling the fish skin-side up protects the delicate flesh from overcooking and keeps it beautifully moist.

SERVES 4 **PREP** 20 mins **COOK** 10 mins **EASY**

50g butter, melted

4 sea bass fillets

FOR THE SAUCE

100g cherry tomatoes, finely chopped

1 shallot, finely chopped

2 tsp small capers

juice of ½ lemon

100ml extra virgin olive oil

handful torn basil leaves and chopped chives, to garnish

1 Line a grill pan with foil and brush lightly with butter. Brush the fish on both sides with butter and season. Lay on the foil, skin-side up.

2 Put the tomatoes and shallot in a pan with the capers, lemon juice and oil, and season.

3 Grill the bass for 5-7 mins under a hot grill until just cooked and the skin is starting to brown. Meanwhile, warm the sauce through for 2 mins, then stir in some of the torn basil leaves. Lift the bass onto warmed plates using a fish slice and spoon the sauce around. Serve with steamed new potatoes or small baked potatoes, and add the remaining basil and chives.

PER SERVING 479 kcals • protein 34g • carbs 1g • fat 38g • sat fat 11g • fibre 0g • sugar 1g • salt 0.58g

BUYING FISH

A fresh fish won't have a strong smell – just an aroma of the sea. The eyes will be clear and bright, and the skin firm and gleaming. If you press the fish lightly with your finger, the flesh should spring back. If you are able to look at the gills they should be pink, not dull brown.

It's much better to buy a whole fish and fillet it yourself, then it is easier to check for freshness.



Feast from the Sea

It's time to get more
adventurous with fish and
seafood, says food writer
Jane Hornby

Photographs Stuart Ovenden

Sesame-crusted fish with samphire & clams, recipe p38





Whole stuffed roast fish with fennel, recipe p38



Sesame-crusted fish with samphire & clams

SERVES 2 **PREP** 10 mins
COOK 10 mins **A LITTLE EFFORT**
FIBRE **IRON** **GLUTAMINE** **WINE**

- 2 nests (140g) of egg noodles**
- 2 fillets sustainable white fish, skin on, scaled and pin-boned**
- 4 tsp sesame seeds**
- 3 tsp sunflower or vegetable oil**
- thumb-sized piece ginger, peeled and finely shredded**
- 300g fresh clams**
- 2 tbsp dry Sherry**
- 90g pack samphire**
- 2 x 18g sachets (or 2 tbsp) miso soup paste**
- bunch spring onions, shredded**
- little sesame or chilli oil, to serve**

- 1** Cook the noodles following pack instructions. When tender, drain and rinse under the cold tap and set aside.
- 2** Slash each piece of fish 3 times on the skin side. Season well and press the sesame

seeds over the skin in an even layer.
3 Heat the oven to low, ready to keep the fish warm. Put a couple of wide bowls in to warm, too. Heat 2 tsp oil in a non-stick frying pan. Add the fish, and fry for 5 mins on the crusted side until the seeds are pale golden and the flesh of the fish has changed colour almost all the way through. Turn the fish over, cook for a few secs more, then remove to a plate and transfer to the oven. Put the kettle on to boil.

4 Add the remaining oil to the pan and sizzle the ginger for 30 secs. With the heat very high, tip in the clams, then the Sherry and 1 tbsp water. Leave to steam and sizzle until the shells are opened, about 1-2 mins. Add the samphire, cover again and cook for 1 min more until bright and just tender.

5 Make up the miso in a jug with 450ml boiling water. Run boiling water through the noodles to reheat, then pile into the warm bowls. Spoon over the clams (discard any uopened ones) with the ginger and samphire, plus the spring onions, then pour over the miso and top with a piece of crisp fish, sesame-side up. Drizzle with a little sesame or chilli oil, and dig in.

PER SERVING 601 kcs • protein 47g • carbs 54g • fat 20g • sat fat 3g • fibre 7g • sugar 3g • salt 3.3g



Grilled mackerel with escalivada & toasts

SERVES 4 (easily doubled) **PREP** 15 mins plus marinating
COOK 30 mins **EASY** **FIBRE** **VIT C** **OMEGA-3** **3 OF 5 A DAY** **GLUTAMINE**

- 4 medium peppers, a mix of colours**
- 1 red onion, halved and thinly sliced**
- 6 tbsp extra virgin olive oil**
- 2 medium aubergines**
- zest 1 lemon, juice of 1/2**
- 1 rosemary sprig, finely chopped**
- 2 tbsp small capers, drained**
- small pack parsley, roughly chopped**
- 2 rosemary sprigs, finely chopped**
- 3 garlic cloves, crushed**
- 1 large olive ciabatta, cut into 8 slices**
- 1/4 tsp chilli flakes or hot paprika**
- 4 mackerel fillets, pin-boned**

- 1** Heat the grill to max. Line the grill pan with foil. Remove skin from the peppers, remove seeds and slice into 1cm strips. Toss with the onion and 1 tbsp oil, then grill for 15 mins, stirring halfway.
 - 2** Cut the aubergines into 1cm half moons and brush with oil. Lay over the peppers, season, then grill for 5 mins. Turn the aubergines over, scatter with lemon zest and rosemary, then grill for 5 mins. Stir the capers and lemon juice into the vegetables. Season and set aside.
 - 3** For the toasts and fish, mix the rosemary, crushed garlic, oil and seasoning. Brush half of this over one side of the ciabatta slices. Mix the chilli into the remainder, then brush over the fish and marinate for 30 mins. Grill the fish, skin-side up, for 4-5 mins. Grill the bread until golden. Top the toasts with the escalivada, then the fish.
- PER SERVING** 606 kcs • protein 24g • carbs 48g • fat 35g • sat fat 6g • fibre 12g • sugar 17g • salt 1.2g **GLUTAMINE**



Whole stuffed roast fish with fennel

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY** **LOW CAL**
FIBRE **VIT C** **IRON** **2 OF 5 A DAY** **GOOD 4 YOU** **GLUTAMINE**

- 2 fennel bulbs, halved and finely sliced**
- 1 large onion, halved and finely sliced**
- 3 tbsp extra virgin olive oil, plus extra for drizzling**
- 2 lemons, 1 zested then juiced, 1 cut into wedges**
- 200g couscous**
- pinch of saffron threads**
- 250ml chicken or vegetable stock**
- 2 larger or 4 smaller whole fish, cleaned and scaled**
- small pack dill, finely chopped**
- 2 tbsp toasted pine nuts**
- 250g baby plum or small tomatoes, halved**
- 1 tbsp currants**

1 Heat oven to 200C/180C fan. Put the fennel and onion in a large roasting tin and toss with 2 tbsp oil, 1 tbsp lemon juice and seasoning. Roast for 20 mins until almost tender. Put the couscous in a medium bowl. Mix the saffron and hot stock, pour over the couscous and cover with cling film.

2 Slash the fish deeply on both sides and season with salt, pepper and a pinch of lemon zest. After 10 mins soaking, fluff up the couscous and add 2 tbsp lemon juice, the remaining zest, the dill, 1 tbsp pine nuts and seasoning. Stuff the couscous into the cavity of each fish, reserving any leftover.
3 Stir tomatoes and currants into the tin. Sit the fish on top and roast for 30 mins.

4 Scatter the rest of the pine nuts on top. Serve one stuffed fish per person, or if you have cooked large fish, gently lift the fillets from the top of the fish first. Share out the couscous stuffing and leftover couscous.

PER SERVING 489 kcs • protein 36g • carbs 45g • fat 18g • sat fat 2g • fibre 9g • sugar 11g • salt 0.5g



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GRAIN POWER

With so many more nutritious grains now available, food writer Gillie James shows you how to make the most of them in these new recipes Photographs ROB STREETER

Roasted autumn vegetables with spelt & sausages, recipe p42

Harissa roast chicken with quinoa & couscous salad, recipe p42





Roasted autumn vegetables with spelt & sausages

SERVES 4

PREP 15 mins **COOK** 1 hr

EASY **FOLATE** **FIBRE** **VIT C** **IRON**

3 OF 5 A DAY **P**

- 2 small red onions, cut into wedges**
- 2 parsnips, peeled and cut into chunks**
- 425g butternut squash, cut into chunks**
- 2 carrots, cut into chunks**
- 5 garlic cloves, unpeeled**
- 8 sausages, such as pork & leek or spicy merguez**
- 1 tbsp rapeseed oil**
- 700ml well-flavoured chicken stock**
- 1 heaped tsp Dijon mustard**
- 1 heaped tsp chopped rosemary leaves, plus extra to serve**
- 200g pearled spelt**

200g can chopped tomatoes 3 bay leaves

- 1** Heat oven to 240C/220C fan. Combine the vegetables, garlic, sausages and oil with some seasoning in a roasting tin and bake for 25 mins or until the sausages are starting to turn brown, stirring once.
- 2** In a jug, mix the stock with the mustard and rosemary. Sprinkle the spelt over the sausages, pour over the stock mixture, and add the tomatoes and bay leaves. Stir everything together, making sure the spelt is submerged, then bake for a further 25-30 mins or until the spelt is just tender and the vegetables are cooked. You may need to stir it halfway and add in an extra 100-200ml boiling water or stock if the liquid evaporates. Serve with a sprinkle of rosemary.

PER SERVING 694 kcal • protein 25g • carbs 66g
• fat 34g • sat fat 11g • fibre 15g • sugar 21g • salt 2.8g



Buckwheat salad with beetroot, orange & feta

SERVES 6 PREP 15 mins **COOK** 15 mins

EASY **V** **CALCIUM** **FOLATE** **FIBRE** **VIT C** **2 OF 5 A DAY**

- 600ml vegetable stock or water**
- 280g raw buckwheat, rinsed thoroughly**
- 200g pack feta, crumbled**
- 3 oranges, peeled and segmented**
- 110g pack baby leaf spinach**
- 2 tbsp each sunflower and pumpkin seeds**
- 2 tbsp chopped mint leaves**
- 2 tbsp chopped parsley leaves**
- 2 x 250g packs cooked and peeled beetroot, cut into chunks**
- FOR THE DRESSING**
- 2 tbsp lemon juice**
- 1½ tsp light soft brown sugar**
- 1 tbsp rapeseed oil**
- 2 tbsp white wine vinegar**

- 1** Bring the stock or water to the boil in a pan and add the buckwheat. Bring to the boil again, simmer for 10 mins or until the buckwheat is tender but still retains a bite. Drain thoroughly and cool.
- 2** Whisk the dressing ingredients together with some seasoning in a large bowl, add all remaining ingredients, except the buckwheat and beetroot, and toss. Sprinkle in the buckwheat and beetroot for the final toss. Spoon onto a platter and serve.

PER SERVING 449 kcal • protein 15g • carbs 60g

• fat 15g • sat fat 5g • fibre 7g • sugar 20g • salt 1.8g **51**



Harissa roast chicken with quinoa & couscous salad

SERVES 4 PREP 25 mins plus marinating **COOK** 1 hr 45 mins

EASY **LOW CAL** **1 OF 5 A DAY** **GOOD 4 YOU** **51**

- 1½ tsp harissa**
- 2 tbsp plain or Greek yoghurt**
- 1 tbsp rapeseed oil**
- 1 large chicken, about 1.8kg**
- 1 tsp clear honey**
- FOR THE SALAD**
- 100g quinoa**
- 600ml chicken stock**
- 140g wholewheat couscous**
- ½ tsp ground cinnamon**
- 12 dried apricots, roughly chopped**
- 1 tbsp rapeseed oil**
- juice 1 lemon**
- 2 tbsp toasted flaked almonds, pine nuts or pistachios, or a mix**
- ½ large cucumber, chopped or sliced**
- seeds from 1 small pomegranate**
- 6 stoned dates, chopped**
- small bunch parsley, chopped**
- small bunch mint, chopped**

- 1** Mix the harissa, yoghurt and oil together with some seasoning. Put the chicken in a baking dish and skewer all over (about 12 times), then rub all over with the harissa marinade. Leave to marinate for 20 mins.
- 2** Heat oven to 190C/170C fan. Roast the chicken for 1½ hrs, basting a couple of times during cooking. Drizzle over the honey and return to the oven for 5 mins.
- 3** Rinse the quinoa thoroughly, bring 300ml of the stock to the boil then add the quinoa. Bring to a simmer and cook for 12 mins, then drain. Put the couscous in a dish with the drained still-hot quinoa, the cinnamon, apricots, seasoning and oil, and stir in the remaining stock - which must be boiling. Cover with cling film and leave for 6 mins.
- 4** Fluff with a fork and stir in the lemon juice, nuts, cucumber, pomegranate, dates, parsley and mint. Remove the chicken from the oven and rest for 10 mins, then carve and serve with the room-temperature salad. If you like, skim a little of the oil from the juices then serve the remaining juices hot, in a jug, to drizzle over.

PER SERVING 917 kcal • protein 73g • carbs 64g

• fat 39g • sat fat 9g • fibre 7g • sugar 26g • salt 1.0g

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**Seasonal
ingredient
focus**

Perfect Pumpkin

Gold, crimson and brown - there's something desirably enticing about earthy, wholesome produce. Pumpkin is often forgotten about in the kitchen, which is why we have chosen to highlight the wonderfully scrumptious ingredient this month.

Creamy pumpkin & lentil soup

SERVES 4 **PREP** 15 mins **COOK** 35 mins

EASY **V** **LOW FAT** **FIBRE** **2 OF 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE** 

1 tbsp olive oil, plus 1 tsp
2 onions, chopped
2 garlic cloves, chopped
approx 800g chopped pumpkin flesh,
plus the seeds
100g split red lentils
1/2 small pack thyme, leaves picked,
plus extra to serve
1 litre hot vegetable stock
pinch of salt and sugar
50g crème fraîche, plus extra to serve

1 Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20-25 mins until the lentils and vegetables are tender.

2 Meanwhile, wash the pumpkin seeds. Remove any flesh still clinging to them, then dry them with kitchen paper. Heat the 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between to keep them in it. When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar, and stir well.

3 Whizz the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the crème fraîche and whizz again. Taste for seasoning.

4 Serve with a spoonful of crème fraîche, a few thyme leaves and the toasted seeds scattered on top.

PER SERVING

233 kcs • protein 10g
• carbs 26g • fat 10g •
sat fat 4g • fibre 7g •
sugar 10g • salt 0.8g



Recipe: SARA BUENENDEL | Food styling: LIZZIE HARRIS | Styling: JENNY ISGLEDEN | Photograph: PETER CASSIDY

Pumpkin & pecan strudel

SERVES 6 **PREP** 25 mins **COOK** 1½ hrs

A LITTLE EFFORT **1 OF 5 A DAY**  uncooked

1kg pumpkin or butternut squash (peeled weight) deseeded and cut into chunks

2 tsp vegetable oil

140g soft light brown sugar, plus extra

100g ground almonds

100g fresh white breadcrumbs

1 large egg, beaten, ½ tbsp

reserved for glazing

1 tbsp ground cinnamon

good grating nutmeg

6 sheets filo pastry

85g butter, melted

100g pecans, chopped, 1 tbsp for topping

maple syrup, to serve

cream or custard, to serve (optional)


1 Heat oven to 200C/180C fan. Toss the pumpkin or squash with oil on a baking tray. Bake for 45 mins until tender, then cool.

2 Whizz the pumpkin in a processor until smooth. In a bowl, add in sugar, almonds, breadcrumbs, egg and spices, and mix well.

3 Lower oven to 160C/140C fan. Layer the pastry sheets on top of each other, brushing some melted butter, a sprinkling of sugar and

chopped pecans between each sheet. Spoon the pumpkin filling along one long edge of the pastry in a long log shape, leaving a 2.5cm gap at either end. Turn up the ends, then carefully roll up the strudel and brush the edge with egg to seal.

4 Transfer to a baking tray, sealed-side down. Brush with the reserved egg, drizzle over any leftover butter and sprinkle with extra pecans and sugar. Bake for 40 mins until golden and crisp. Leave to stand for 10 mins before slicing, then serve with maple syrup and cream or custard, if you like.

PER SERVING 609 kJ • protein 12g • carbs 61g • fat 36g • sat fat 10g • fibre 6g • sugar 32g • salt 0.7g 



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Trick or Treat?

Ensure your Halloween get-together goes well – here's a party menu that both children and grown-ups will enjoy Recipes
SARAH COOK Photographs MYLES NEW






*Serve in rustic, metal dishes
for a spooky touch....*

**Cheesy
sausage rolls,
recipe p52**

Creamy tomato soup, recipe p52



Everyone will want
the recipe for this
finger-licking sticky
pork! recipe p52



Creamy tomato soup

SERVES 6 adults and 6 kids
PREP 30 mins **COOK** 45 mins
EASY **V** **LOW FAT** **2 OF 5 A DAY** **NO BAKING**

3 tbsp olive oil

- 2 onions, chopped**
- 2 celery sticks, chopped**
- 300g carrots, chopped**
- 500g potatoes, diced**
- 4 bay leaves**
- 5 tbsp tomato purée**
- 2 tbsp each sugar and red or white wine vinegar**
- 4 x 400g cans chopped tomatoes**
- 500g passata**
- 3 vegetable stock cubes**
- 400ml full-fat milk**

1 Fry oil, onions, celery, carrots, potatoes and bay leaves in a big casserole dish for 10-15 mins. Fill the kettle and boil it.
2 Stir in tomato purée, sugar, vinegar, chopped tomatoes, passata, and stock cubes. Add 1 litre boiling water and simmer for 15 mins until the potato is tender, then remove bay leaves. Purée with a stick blender until smooth. Season to taste.
PER SERVING 180 kcals • protein 6g • carbs 26g • fat 6g • sat fat 2g • fibre 5g • sugar 17g • salt 12g

Cheesy sausage rolls

MAKES 12 **PREP** 1 hr 20 mins plus rising
COOK 45-50 mins **EASY** **NO BAKING** after baking

- 500g pack bread mix**
- oil, for greasing**
- 8 beef sausages, cooked**
- a little flour, for dusting**
- 50g garlic butter, melted**
- 6 spring onions, finely sliced**
- 200g mature cheddar, grated**

1 Make up the bread mix following pack instructions. Set aside somewhere to rise, in a bowl covered with oiled cling film. Slice the cooked sausages into 1cm slices.
2 Roll the dough on a lightly floured surface to roughly 50 x 30cm. Brush with half the garlic butter and scatter the spring onions, cheese and sausages. Roll up the dough tightly, like a Swiss roll. Use a sharp, floured knife to cut the roll into 12 pieces. Push each roll of bread, cut-side up, individually into buttered muffin tin holes. Then, dab the remaining butter over the tops.
3 Heat oven to 200C/180C fan. Bake the rolls for 20-25 mins until golden and risen. Cool in the tins for 10 mins, then lift out to eat warm, or cool completely.
PER ROLL 294 kcals • protein 13g • carbs 22g • fat 17g • sat fat 9g • fibre 1g • sugar 1g • salt 1.5g



Spooky and scrumptious



Maple-mustard pulled pork

It's worth cooking a big chunk of this, as it's great in sarnies with apple chutney the following day. Although it looks a bit of a faff, it's really your oven and fridge doing all the hard work.

SERVES 6 with leftovers **PREP** 15 mins plus overnight salting **COOK** 8 hrs **A LITTLE EFFORT** **P** **NO BAKING**

- 200g sea salt**
- 300g light muscovado sugar**
- 2kg piece pork shoulder**
- 100ml maple syrup**
- 100g wholegrain mustard**
- 2 tbsp English mustard powder**

1 Mix the sea salt and 200g of the sugar in a large food bag, add the pork and coat it well. (If you don't have a bag, rub over the pork in a dish and cover with cling film.) Leave in the fridge overnight.
2 The next day, remove the pork and wipe down the meat with kitchen paper. Heat oven to 140C/120C fan. Mix the remaining sugar, the maple syrup, mustards and some ground pepper. Rub half the mixture over the pork and sit it on a rack in a roasting tin. Roast for 6 hrs.
3 Spoon the remaining maple mixture over the pork and roast for 1 hr more.
4 Rest the meat for 30 mins on a plate loosely covered with foil. To serve, tear the pork into big fat chunks and, after skimming the surface, spoon over any juices from the tin.
PER SERVING 716 kcals • protein 61g • carbs 31g • fat 38g • sat fat 13g • fibre 1g • sugar 30g • salt 3.6g

Mulled pear & cranberry punch

While you serve the kids bowls of soup, keep everyone else happy with a glug of something fruity and yummy.

MAKES 8-10 glasses **PREP** 5 mins **COOK** 5 mins
EASY **NO BAKING** **WINE**

- 1 litre pear cider**
- 1 litre pear (or cloudy apple) juice**
- 1 litre cranberry juice**
- good handful fresh or dried cranberries**
- 150ml sloe gin**
- 2 cinnamon sticks**
- 2 vanilla pods, scored lengthways**

Put all the ingredients into your biggest saucepan or casserole dish. When you're ready to serve, heat to just below simmering point, then ladle into glasses.
PER GLASS (10) 177 kcals • protein none • carbs 27g • fat none • sat fat none • fibre none • sugar 14g • salt none **GL**

GET AHEAD

You can prepare most of the food before the party:

WEEKS BEFORE

- Make the soup and freeze.

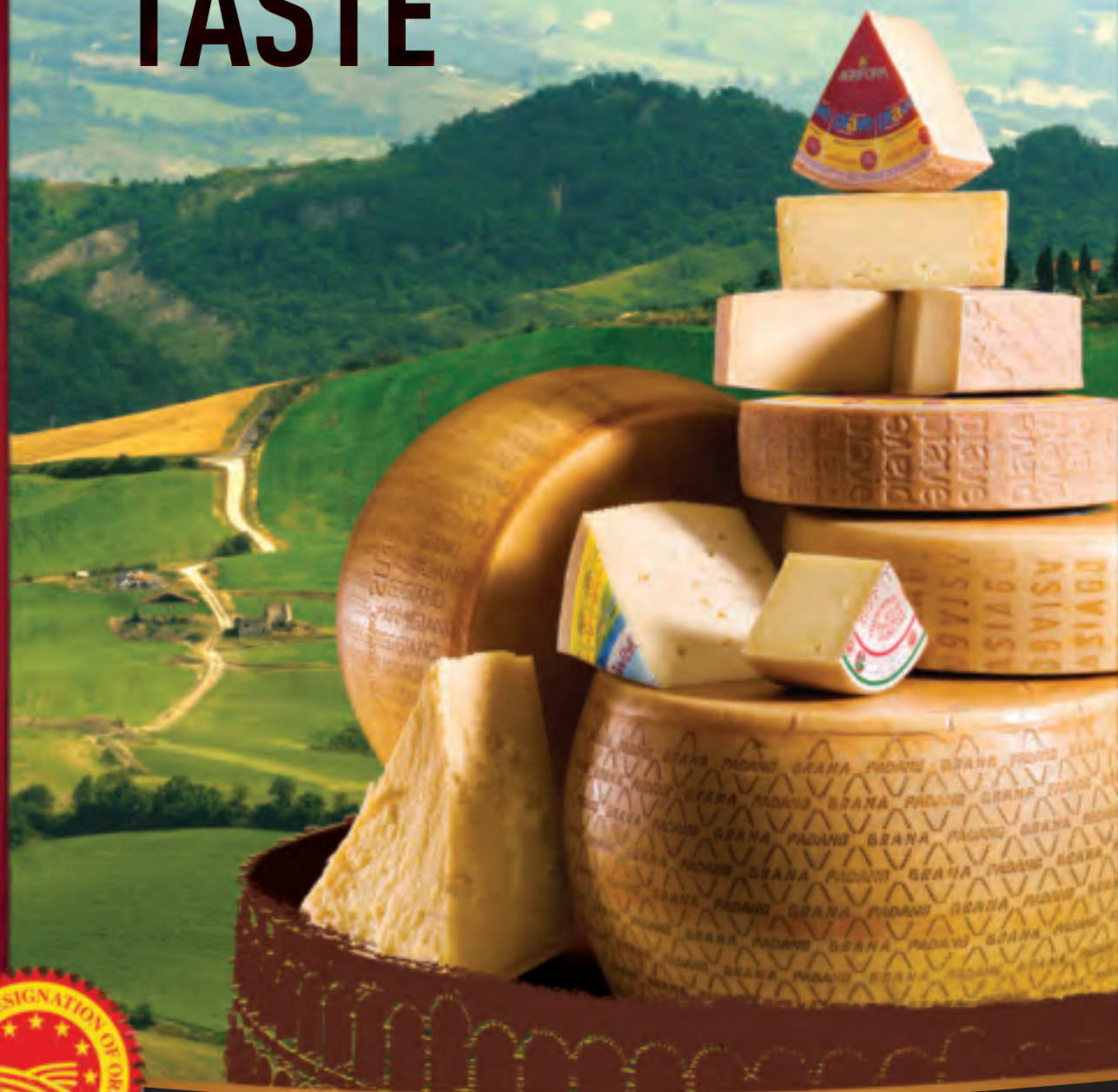
THE DAY BEFORE

- Salt the pork.

IN THE MORNING

- Bake the Cheesy sausage rolls.
- Put the pork on to cook and assemble the spuds.
- Tip the punch ingredients into a pan.

MASTERPIECE IN TASTE



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WHAT'S A PARTY * without * cake?

In celebration of *BBC Good Food Middle East's* eighth birthday, a selection of our favourite local bakers whip-up a range of mouth-watering cakes for you to try at home – perfect for birthdays, desserts, or simply an excuse for a fun party! Photographs MAKSYM PORIECHKIN





SPONTIPHORIA

Spontiphoria is a unique concept located in the heart of Jumeirah that combines both a bakery and a boutique. Where the bakers believe in the warmth and joy that homemade sweets bring. From cakes, cookies, cupcakes, muffins, traybakes, and other desserts, Spontiphoria has it covered.

Vintage cottage cake

280g self-raising flour

1/2 tsp salt

90g vegetable oil

140g granulated sugar

2 eggs

140g skimmed milk

2 tsp vanilla extract

45g fresh raspberries

150g mixed berries extra

70g mixed berry jam

500ml whipping cream

1 Preheat the oven to 160C. Grease and lightly flour two cake tins - one that is 5 inch and one that is 8 inch.

2 Sift flour into a bowl and add the salt. Beat together oil, sugar and eggs. Then add the flour to the oil mixture, alternating with milk and vanilla. Stir well. Add the raspberries and fold in. Bake at 160C for 30 minutes.

3 When the cake is baked and a skewer inserted in the middle comes out clean, remove the cake from

the oven and sit on a wire rack for 10 minutes. Then run a knife along the edges of the cake and invert onto wire rack and allow to cool completely.

4 When cake is cooled, cut in the middle with a serrated bread knife and spread over the jam on both sides.

5 Whip the whipping cream in a bowl with an electric mixer until stiff peaks form and spread over the bottom half of the cake.

6 Top with half of the extra raspberries and then add the final cake layer. Add the last half of mixed berries to the final layer for decoration, then it is ready to serve.

Try our
cover
recipe!





Key lime cake, recipe p62



Chocolate tipsy oreo cake, recipe p62



Vanilla cake with buttercream, recipe p62



**Rainbow cake
with coconut
buttercream
frosting, recipe p63**



White chocolate
and lemon layer cake
with raspberry
buttercream, recipe p63

SUGAR MOO

The brain child of hotelier Raki Phillips and engineer Jawad Yehia who discovered their love for everything sweet. The desire to have delicious non-traditional desserts with a fun playful spin on homestyle favorites delivered right at to your doorstep inspired them to create what they call their 'passion venture' - which became, Sugar Moo.

Key lime cake

160ml vegetable oil
160ml egg yolks
120ml lime juice
45g lime zest
400 all-purpose flour
400g white granulated sugar
16g baking powder
5g salt
240ml egg white
FOR THE KEY LIME FILLING
2 whole eggs
195g condensed milk
240ml lime juice
10g lime zest



FOR THE BASIC BUTTERCREAM FROSTING

500g butter
400g icing sugar
5ml vanilla essence

- 1 Preheat the oven to 190C. Whip the vegetable oil and egg yolks together until just combined, then stir in the water, lime juice and lime zest.
- 2 Sift together the flour, one third sugar, baking powder and salt. Stir this into the egg yolk mixture then whip at high speed for 1 minute.
- 3 Whip egg whites to into foam. Gradually add remaining sugar and continue whipping until stiff peaks form. Carefully fold the meringue into the batter and place into two round baking tins. Bake at 190C for 25 minutes and let it cool down before removing from mould.
- 4 Meanwhile, for the key lime filling, mix the eggs and condensed milk together. Add the lime juice and zest, then mix till well combined.
- 5 For the basic buttercream filling, cream the butter then add the icing sugar a little bit at a time before adding the vanilla essence and mixing well. Store in an airtight container until you are ready to use.
- 6 Use the key lime filling in between the layers of the cake. Once done, put in chiller until the key lime has set. Decorate with whipped cream or a basic butter cream frosting.

MAGNOLIA BAKERY

In 1996, Magnolia Bakery opened its first location on a quiet street corner in the heart of New York City's West Village and has been cherished for its classic American baked goods ever since. The bakery now has various branches worldwide, including Dubai, Abu Dhabi, Beirut, Kuwait City and Boha.

Vanilla cake with buttercream

210g self-rising flour
185g all-purpose flour
2 sticks unsalted butter, softened
280g white sugar
4 large eggs, at room temperature
140g full-fat milk
1 tsp vanilla extract
FOR THE VANILLA BUTTERCREAM
2 sticks unsalted butter, softened
1 box confectioners' sugar
3 tbs full-fat milk
1 tsp vanilla extract



- 1 Preheat oven to 350C. In a small bowl, combine the flours and set aside.
- 2 In a large bowl, on the medium speed of an electric mixer, cream the butter until smooth. Add the sugar gradually and beat until fluffy, for about 3 minutes.
- 3 Add the eggs, one at a time, beating well after each addition. Add the dry ingredients in three parts, alternating with the milk and vanilla. With each addition, beat until the ingredients are incorporated but do not overbeat.
- 4 Using a rubber spatula, scrape down the batter in the bowl to make sure the ingredients are well blended.
- 5 Pour the batter evenly into three 8-inch cake pans and bake for around 25 minutes, or until a cake tester inserted into the center of the cake comes out clean. Once cooked, cool the cake pans in the tins before removing from the tins to cool completely on a wire rack.
- 6 Meanwhile for the buttercream, cream the butter in a large mixing bowl, and then add the vanilla. Gradually add sugar and scrape down the sides of the bowl often. When the mixture starts to thicken and appears dry add the milk. Beat on medium speed until smooth and creamy for about 2-4 minutes. Add more milk as needed if you want a thinner consistency. If desired, add a few drops of

Chocolate tipsy oreo cake

85g all purpose flour
60g cocoa powder
100g unsalted butter
100g brown sugar
60g ground almond flour
5ml vanilla essence
60g whole eggs
30ml hot water
FOR THE FILLING
500g unsalted butter
600g powdered sugar
200g chocolate ganache
FOR THE CHOCOLATE GANACHE
500g dark Belgium chocolate
600g whipping cream
FOR THE TOPPING
137g oreo biscuits



- 1 Preheat oven to 180C. Cream the butter and sugar together then sieve the dry ingredients together in a separate bowl.
- 2 Add the eggs one by one to the butter mixture, and add the vanilla essence and the hot water. Mix well till all the ingredients are well incorporated, however do not over mix.
- 3 Pour into prepared baking tins and bake at 180C for 15-18 minutes or until a skewer comes out clean when inserting into cake. Let the cake cool down.
- 4 Meanwhile for the filling, soften the butter with a paddle attachment in a electric mixer. Add the powdered sugar, a little at a time and mix well.
- 5 For the chocolate ganache, melt the chocolate with the cream over a bain marie. Keep stirring till all the chocolate is melted. Take of stove and let it cool down before you use it in the buttercream.
- 6 Add the chocolate ganache to the buttercream and mix well till combined, then set aside.
- 7 To assemble the cake, cut all of the oreos into smaller pieces. Put some of the filling on the first layer and pack oreos on top. Add the second layer on top and decorate as you wish.

food coloring and mix thoroughly.

7 Store the icing at room temperature. Icing can be stored in an airtight container for up to 3 days.

8 To assemble to cake, flip the first cake layer onto your serving plate and add a layer of icing before playing the second layer on top. Repeat step until all three layers are tiered. Coat the outside of the cake with frosting before serving.

DULCE D

Providing Dubai residents with delicious cakes and desserts for all occasions, Dulce D's founder and baker Deema Dajani has been baking ever since she was little. Enamored by a variety of flavours and textures, as well as her affinity for all things homemade, Deema's goal is to bring a little taste of home to satisfy your sweet tooth.

Rainbow cake with coconut buttercream frosting

630g cake flour

2 tbsp baking powder

1 tsp salt

350g buttermilk

8 large egg whites

420g sugar

16 tbsp butter

2 tps vanilla extract

FOR THE FROSTING

16 tbsps butter

420g confectioners' sugar, sifted

A pinch of salt

3 tbsps cream

2 tsp coconut extract

1½ tsp vanilla extract

1 Pre-heat your oven to 180C.

2 Sift together the flour, baking powder and salt. Then whisk together the milk and egg whites in a large bowl.

3 In the bowl of a stand mixer, fit with a paddle attachment and whip the sugar and butter, then beat until light and fluffy. Add the vanilla extract and beat again.

4 While the butter mixture is beating, add one third of the flour mixture then add half of the milk/egg mixture, and beat in half of the remaining flour. Make sure it is all mixing together well. Add the rest of the milk/egg mixture. Then add the last of the dry



ingredients. Mix very well.

5 Separate the batter equally into four bowls and add your choice of coloring. Place the batters into four 8-inch cake pans and bake for 30-40 minutes

6 For the frosting, in the bowl of a stand mixer fitted with a paddle attachment, whip the butter until very fluffy, for about 7 to 9 minutes. Add sugar and salt, beat on low. Add cream, coconut extract, and vanilla extract, mixing until combined. Increase speed to medium-high and beat until very light and fluffy, for about 6 minutes.

7 Take the cake pans out of the oven, and allow to rest. Once cooled, flip the first cake layer onto your serving plate and add a layer of icing before playing the second layer on top. Repeat step until all four layers are tiered. Coat the outside of the cake with frosting before serving.

WHIPPED DUBAI

A sweet neighborhood bakery headed up by Gina Pistone, Whipped Dubai specialises in American style desserts, retro throwbacks such as oatmeal cream pies, and re-creations of the classics with a modern twist.

White chocolate and lemon layer cake with raspberry buttercream

224g white chocolate, chopped

215g all-purpose flour

2¼ tsp baking powder

¼ tsp salt

10 tbsp unsalted butter, room temperature

186g white sugar

4 large eggs, room temperature

Zest of one large lemon

2-3 tsp lemon extract

175g whole milk

105g rainbow sprinkles

FOR THE BUTTERCREAM

400g bag frozen raspberries

140g unsalted butter

560g powdered sugar

1 Preheat oven to 180C. Grease two 8-inch round cake pans and line the bottoms with greased parchment paper. Dust pans with flour and set aside. Then, sift the flour, baking powder, and salt into a medium bowl.



2 Place chocolate in a heat safe bowl and microwave for 1 minute. Remove from oven and stir. Heat again for 30 seconds, then stir the chocolate until no lumps remain. Set aside.

3 Beat the butter and sugar together until light and fluffy, for about 3-4 minutes. Scrape down the sides of the bowl. Add eggs one at a time, beating well after each addition. Add lemon zest and lemon extract and mix to combine. Alternatively add the dry ingredients with milk in 3 additions.


4 Add the warm white chocolate and mix until just combined. Gently fold in the rainbow sprinkles.

5 Equally divide the batter into the two prepared pans and bake for 30-40 minutes or until a toothpick inserted into the middle of the cake comes out clean. Remove cakes from oven and allow to cool in the pan for 20 minutes on a wire rack. Remove cakes from pan and discard baking paper. Allow cakes to cool completely on wire racks.

6 To prepare the frosting, cook the frozen berries over medium heat. Bring to a gentle simmer, reduce heat and cook for 10 minutes until the mixture has reduced and become thick and syrupy, stirring often. Place mixture over a fine strainer to remove seeds and allow cooling to room temperature.

7 Place butter in the bowl of a mixer and beat for about 1 minute. Sift in powdered sugar gradually, scraping down the sides of the bowl after each addition. Add raspberry mixture and beat until combined.

8 To assemble the cake, place a cake board on top of your cake platter. Add one cake layer on top of the board. If the top of your cake isn't level, use a bread knife to even it out. Add about 140g of frosting to the first layer and spread evenly with an offset spatula. Top with second layer of trimmed cake and continue to frost the top and sides using a metal spatula to evenly distribute the frosting.

9 Keep cake refrigerated but it is best served at room temperature to allow the buttercream to soften. 

Props courtesy of RICE Homeware - home of funky, fun and functional homeware and accessories, now available in the UAE. www.rice.dk | [@rice_uae](https://www.instagram.com/rice_uae)

Photo-shoot location courtesy of Sugar Moo - Situated in Al Barsha 1, Al Raha Building. 04-3997371 | www.sugarmoo.com

Mix it up

Give your countertop a much-needed makeover with the new super-versatile Kenwood Chef Sense

A sleek addition to your kitchen, the Kenwood Chef Sense helps you to prepare everything from cake to cookies both quickly and efficiently. Say goodbye to mountains of washing up, countless dishwasher cycles and achy arms from brisk hand-whisking, and simply add your ingredients to the 4.6 litre bowl that now comes with measurements in litres, fluid ounces and cups so you won't need to waste time hunting for your measuring cups!

With multiple interchangeable features such as The K-Beater, which is used for creating creamy cakes, biscuit mixtures and crumbly pastry, or The Balloon Whisk that is ideal for light and foamy mixtures and of course, The Dough Hook so you won't be breaking a sweat in the kitchen anymore. These attachments are easily locked on with the twist and fit system, which also prevents the machine from starting before your attachment is on properly, so you can change them in seconds. Unlike other mixers, the Kenwood Chef Sense works to ensure that ingredients and parts of the mixture aren't stuck to the sides or bottom of the bowl by using a 'planetary action' movement.

The gadget does almost everything you'd ever need in the kitchen with its additional attachments that can be bought separately, allowing you to juice, slice and grate, blend smoothies or soups, grind meat, roll out fresh pasta, dice vegetables and much more all with one nifty piece of equipment that contains a whopping 1,100W of power.

Kenwood ensures that your cooking experience is clean and simple with its shatterproof splashguard, which allows you to add ingredients to the bowl without creating extra mess. Keep your machine super-clean with the intelligent control dial that adjusts the mixing speed without any fiddling.

KENWOOD



IT JUST MAKES SENSE

What it is: Kenwood Chef Sense

Why we love it: Taking all the hassle out of baking and preparing recipes, the Kenwood Chef Sense could be described as your own personal Sous Chef in the kitchen. From start to finish, the brand has thought of all the niggling annoyances of cooking and baking and ensured that the experience is as fun and simple as possible. From the new easy-to-open head lift lever that allows you to add ingredients and access the bowl with ease to the sturdy attachments that make baking a breeze, this kitchen saviour cuts time, and even encourages you to experiment more because of its multi-functional offerings.

What to make: The only downside to having the Kenwood Chef Sense is all the food you'll now have piling up from your baking and cooking adventures. For novices; simple cakes are the perfect way to ease yourself into baking, but the machine also helps you to make scrumptious bread – the smells wafting from the kitchen will draw in the little ones so it's the perfect way to get your children involved. For the pros out there, why not try making soufflés, pastries and more! The Chef Sense machine makes every recipe seem possible, though some can be a little tricky, but this is your chance to experiment and with its eye-catching two-tone metal design it'll also look rather slick on your kitchen counter.

The incredibly easy-to-use appliance will soon become your go-to gadget in the kitchen and also cuts hours off the time you spend cleaning up multiple bowls and spatulas. So, get ready to become a baking maestro as you create the perfect cakes, luscious loaves of bread and brilliant biscuits with the new Kenwood Chef Sense. The Kenwood Chef Sense is available from leading retailers. For more information, visit www.kenwoodworld.com.

CHEF sense



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KENWOOD

Fabulously Fruity

Take your everyday fruits and make something wonderfully tasty with them. Whether it be jam, marmalade or a conserve, we've got it covered here.







Photographs PHILIP WEBB



Fragrant strawberry conserve

MAKES about 1.5kg **PREP** 15 mins plus 1 hr cooling
COOK 25-30 mins **EASY** **V** **LOW FAT** **GLUTEN FREE**

1kg small ripe (but not overripe) strawberries
125ml freshly squeezed lime juice (4-6 limes)
800g jam sugar with added pectin
knob of butter
1-2 tsp rose water

1 Heat oven to 180C/160C fan. Wash your jars and lids in hot soapy water, rinse well and put the jars upright in a roasting tin in the oven for 10 mins.

2 Wipe off any dirt from the fruit using damp kitchen paper, or rinse them gently in cold water, then drain well. Remove the hulls.

3 Put the lime juice and sugar in a preserving pan or large wide saucepan and heat gently, stirring until the sugar has dissolved. Remove from the heat and stir in the strawberries. Leave for 30 mins off the heat.

4 Return to the heat and bring to the boil, then boil, uncovered, for 5-8 mins until setting point is reached.

5 Skim off any foam from the surface of the conserve, then stir in the butter to disperse any that remains. Stir in the rose water and leave to cool for 30 mins. Pot into your sterilised jars, seal, label and store in a cool dry place. *Will keep for 6 months.*

PER TBSP 41 kcs • protein none • carbs 10g • fat none • sat fat none • fibre none • sugar 10g • salt none



Apricot & orange blossom jam

MAKES 4 jars **PREP** 45 mins plus overnight standing
COOK 20 mins **EASY**

1kg apricots, halved and stoned, larger halves halved again
750g preserving sugar
juice 1 lemon
1 tbsp orange blossom water
few knobs of butter (optional)

1 Mix the apricots and sugar together, cover and leave to stand overnight.

2 Put a saucer in the freezer. Tip the syrupy apricots into a preserving pan or a large, wide-based pan (the wider and more open the pan, the faster the jam will be ready, so a preserving pan is ideal). Add the lemon juice and place over a gentle heat. Once any last bits of sugar have melted, turn up the heat and boil for 15 mins. Turn off the heat and spoon a little hot syrupy jam onto the cold saucer. Once cool, push the jam with your finger. If it wrinkles a little, it's ready and has reached setting point. If it is too runny to wrinkle, return the pan to the heat and boil in stages of 2-3 mins, removing the pan from the heat each time you do the saucer check, until the jam wrinkles.

3 Skim the surface, then stir in the orange blossom and knobs of butter, if you like - this will help to dissolve any remaining scum. Leave the jam for 15 mins before ladling into sterilised jars - this allows the fruit to settle so it doesn't sink to the bottom. *Will keep in the fridge for 6 weeks.*

PER TBSP 27 kcs • protein none • carbs 6g • fat none • sat fat none • fibre none • sugar 6g • salt none



Blood orange & chilli marmalade

MAKES 5 jam jars **PREP** 45 mins **COOK** 50 mins
A LITTLE EFFORT **V** **LOW FAT** **GLUTEN FREE**

5 blood oranges
8-10 red chillies
5 red peppers, deseeded and roughly chopped
900g jam sugar
8g sachet pectin
500ml white wine vinegar

1 Pare the oranges using a vegetable peeler, getting as little of the white pith on the strips of zest as possible. Finely slice the zest and put in a wide, deep pan. Peel what's left of the oranges, then roughly chop the flesh, removing the pips as you go.

2 Halve and deseed the chillies. If you like your chutney with a kick, reserve the seeds. Put the chillies and peppers in a food processor with the orange flesh and pulse until everything is chopped. Tip into the pan along with sugar, pectin and vinegar.

3 Heat the pan gently until the sugar has fully dissolved. Put the blood orange pips into a tea infuser that you can add to the pan too. Put a small saucer in the freezer. Boil the mixture vigorously for 40 mins.

4 Spoon a little of the marmalade onto the chilled saucer. If after a minute it wrinkles when pushed with your finger, it's ready. If not, boil for 2 mins. Stir reserved chilli seeds into marmalade, if using. Cool for 20 mins, remove pips, then ladle into sterilised jars. *Will keep in a cool, dry place for 6 months.*

PER TBSP energy 31 kcs • fat none • saturates none • carbs 8g • sugars 8g • fibre none • protein none • salt none

How to enjoy your chilli marmalade

- Add a jar to a cheeseboard, or eat with cold meats.
- Save a jar for summer to top burgers and dollop on barbecued chicken, ribs, salmon or halloumi.
- Use to glaze a ham or gammon before baking.
- Stir a spoonful into stir-fried greens.
- Sandwich with cheddar and spring onions for the ultimate toastie.
- Use as a dipping sauce for prawn crackers.
- Give to someone you love!

Pantry planner

Tips, tricks and product picks!

Reader tip of the month:

Placing a wooden spoon across the middle of a saucepan will stop it from boiling over. One to keep in mind when you're next cooking pasta and multi-tasking!

- Carol Shaw



Say cheese!

Whether it's accompanied by bread, crackers and beverages or eaten on its own, cheese is simply irresistible, but no one likes plastic-textured poor-quality varieties. Take your cheese board to the next level with Agriform's cheeses, which have a Protected Designation of Origin. Don't settle for less than the best with the brand's PDO Asiago, Grana Padano, Parmigiano Regiano, Pecorino and Piave cheeses that are perfect for adding to salads, pizzas and more. All are available at Carrefour, Géant, Panda Hypermarkets and Aswaq (Al Wasl Road).

Get organised



Pavitra Pujary,
founder of interior design
firm Pure Coalesce, offers
practical home décor advice.

Q. I have glass-panelled kitchen cabinets that continuously look messy from the outside. What is the best way of storing tins and spices in them whilst keeping it looking tidy?

A. Spices come in an array of wonderful colours themselves, so store them in glass jars and use decorative labels to name each jar. Create an interesting display by playing with the scale of objects and materials, for example store a big tin next to smaller jars and add a fun item non-relevant to the kitchen such as a picture frame, books or a decorative vase. Store more decorative items in the glass cabinets such as chinaware, glassware or books. The back of the cabinet can also be painted in a colour to compliment kitchen interiors. Another suggestion would be to use a stencil to add patterns to the back wall.

PRODUCT PICKS



Filled with fruity goodness, Chilly Billy ice lollies are perfect for the little ones!

Available in a range of sizes and flavours including apple and mango, these tasty frozen treats are a must-try. Dhs10 (70ml) and Dhs15 (115ml), from Spinneys.



Get your hands on this year's limited edition coffees, Tribute to Milano and Tribute to

Palermo, from Nespresso.

Milano is an aromatic ristretto with fruity aromas, while Palermo is intensely roasted and blends cacao and spicy peppery aromas. Dhs30 (10 capsules), Nespresso Boutiques.

Enjoy Godiva's new Sablés butter biscuits that feature five variations:

Ultimate Chocolate (Africa), Matcha Tea (Asia), Macadamia Ginger (Oceania), Almond Speculoos (Europe) and Pecan Chocolate Chip (America). From Dhs25 (box of 6) at Godiva stores.



SMART SWAPS:



69 calories
100g strawberry-flavoured yoghurt



55 calories
Fat-free Greek yoghurt



351 calories
100g plain penne pasta



189 calories
100g Courgetti with tomato sauce



55 calories
10g raw cashew nuts



30 calories
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IN THIS SECTION

* Get to know celebrity chef Jason Atherton as he launches Marina Social, **P74** * A look inside Florence Knight's London home, **P80** * Explore the depth of Malta's history, cuisine and landscape, **P83** * Food Club members get hands on in the kitchen, **P88**

A CUT ABOVE THE REST

Surena Chande speaks to celebrity chef Jason Atherton as he launches the eagerly-awaited Marina Social at InterContinental Dubai Marina

A refreshing change from some of Dubai's extravagant eateries, the new British-Mediterranean inspired restaurant, Marina Social, is chic, quirky and bold, and is sure to be a hit with foodies as Jason Atherton takes the reins to bring his vision to life. The driven chef has worked his way up the culinary ladder and still remains humble, modest and also nervous prior the opening last month – even with Michelin-starred restaurants to his name.

Have you been quite hands-on with the launch of Marina Social?

I'm not a chef that expects to come into town for a couple of days, get his picture taken, do a few interviews and get back on a plane, then expect everything to be hunky dory in the restaurant. The media interviews and all of that stuff is part of what we do today as chefs, but the purpose is to let people know about Marina Social and to fill it. I'm here for over a month to make sure that the kitchen and restaurant are right. I strive to be a perfectionist, I've even had the lighting specialists back because there are a couple of black spots – and we're talking about moving the lights by millimetres – but it's really important when you sit at a restaurant that the lighting's perfect because everyone just glows. There are details like where the menus are currently being stored that also need changing. It's my job to pay attention to detail for the customers sake.

How do you think Dubai's culinary scene has changed in recent years?

It's changed massively from when I lived here 15 years ago. Everyone says to me now, 'is it at saturation point?' No it's not. Dubai can sustain

lots more restaurants because as long as those restaurants that are coming in are great, all that happens is that the bottom tier fall away because they aren't competitive and don't deserve to be here in the first place. So, Dubai should embrace new restaurants, chefs, concepts and home-grown talent because all it's doing is making the culinary scene stronger.

How will Marina Social stand out from the ever-growing restaurant scene?

Just by sheer determination to get the product right, being humble enough to listen to our clientele to see what they are and aren't enjoying, moving at a fast pace to keep up with the demanding market and offering good value for money. We cook what people want to eat. Any chef worth his soul can make things look beautiful, but what matters is if it tastes great and few chefs actually achieve that. We've tried to ensure that there's everything you need for a good night out in one place – for instance, this is the first time that I've had a DJ booth in any of my restaurants. We also have a kids menu and a separate vegetarian menu.

Tell us what it's like cooking at home...


We cook from scratch mostly, especially with my two kids, Keziah and Jemimah, because whoever they end up marrying will expect them to be able to cook and it'll be pretty shambolic if their dad's not passed on his genes. We teach them how to bake, how to make pasta from scratch, how to make pizza dough etc. Cooking at home is leisure time. I'd sooner be in the kitchen at home than sat in front of the TV watching kids' shows, so I'd rather they were in the kitchen with me teaching them


little skills. I think if you're a family, make time in the kitchen a family affair.

Your passion for food stemmed from you stumbling upon the book, *Dining in France*, how can your story inspire others?

I hope that my story inspires people in the sense that you don't have to come from a privileged background or go to fancy schools. Everyone assumes that if you're not very good at school, you're not going to do very well in life, but that's nonsense! Everybody has that spark inside them, you've just got to find it. I was lucky that I found it when I was really young, some people find it much later. It just means you've got to find it and never give up. I'm more passionate about food and more driven today than I've ever been. I have to be in the kitchen, it makes me happy and I get depressed if I'm away from it for too long!

You've said your ethos is to do better tomorrow than you've done today, what other advice would you give to readers and budding chefs?

Exactly that. People focus too much on failure, but failure just means that you've made a mistake or taken some bad advice. It doesn't mean you're not good at something. You just need to look at where you've made that mistake and how you can improve. For budding young chefs: when I worked for Marco Pierre White, I was probably one of the weakest in the kitchen. However I had determination and patience, and I knew that as long as I stuck at it I would become great eventually because it was too easy to throw the towel in. It took me 17-20 years to become a great chef. 



“We’ve tried to ensure that there’s everything you need for a good night out in one place - for instance, this is the first time that I’ve had a DJ booth in any of my restaurants. We also have a kids menu and a separate vegetarian menu.”



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1. James Martin

Celebrity Chef and current presenter of the successful BBC's **Saturday Kitchen**, he is also the author of 15 best-selling and award winning cookbooks as well as his autobiography **Driven**. His message about food has always been the same - he is passionate about celebrating British food, using the best ingredients possible and creating simple, delicious recipes accessible to all.



4. Andy Bates

A contributing chef on Food Network, BBC and ITV. Known for his award-winning signature cold-raised pies and modern twists on classic dishes, Andy is a leading expert on street food with his three tv series & book dedicated to the popular subject.



2. Paul Hollywood

Celebrity baking star and best-selling author of **100 Great Breads, Pies & Puds, Bread and How to Bake**. His first live tour in 2014, **Paul Hollywood - Get Your Bake On!** saw him hosting an evening of live baking, comedy and fun at theatres in the UK. He also makes regular contributions to various daily and monthly UK publications.



5. Silvena Rowe

A leading celebrity chef & owner of five restaurants that she has opened in less than a year in Dubai. Silvena uses mostly locally sourced and organic Emirati fare, something new and challenging for this region. Her Omnia brand has become well recognised for healthy and locally-sourced food.



3. Atul Kochhar

A critically acclaimed chef, restaurateur and television personality, he was the first Indian Chef to receive a Michelin Star. Atul is revered for his masterful use of spicing in creating some of the finest modern British dishes with a unique innovative Indian twist.

Plus:

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Arm chair, Dhs1,995,
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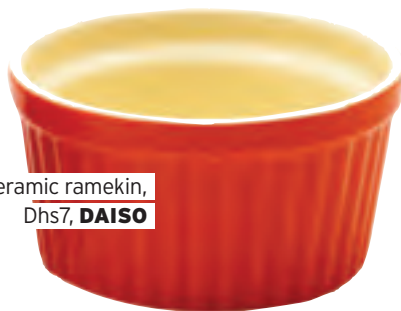
Hand-painted hibiscus cushion,
Dhs870, **ETHAN ALLEN**



Glass lantern, Dhs99,
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Dhs7, **DAISO**



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MY KITCHEN

Florence shows us around her kitchen.

Florence Knight

The head chef of Soho's Polpetto shows Holly Brooke-Smith around her small London kitchen Photographs GEOFF WILKINSON



'I'm quite old-fashioned, as you can see from the design here. I like my kitchen pieces to be traditional and natural.'



'I've had my Le Creuset pans for a really long time. They're so solid and the cream ones just fit in with everything.'

Florence, who trained at Leiths School of Food and Wine, worked for baker Richard Bertinet before becoming head chef at Russell Norman's Polpetto, in London, five years ago. The restaurant relocated to Berwick Street and reopened last year to critical acclaim. Florence lives with her husband, Richard, and two dogs, in their newly refurbished Grade II-listed house, in central London.

How long have you lived here?

For 18 months – and it was a really long process getting it to this point. The building had previously been bedsits and we restored the whole thing. We took down a wall in the kitchen, which needed planning permission, but we got there in the end.

What did the work involve?

There's so much detail to think about – the exact thickness and weight of the floor tiles, for example. It's the middle house in a row, so there were lots of structural things to consider – it was definitely a labour of love. We lived here when it was a building site, while the builders were doing the ceilings, all the floors, everything. It got to the point where we had to move out and rent for a bit until it was finished.

How do you use the space?

The kitchen is where we congregate. Breakfast is a particularly important ritual in our house. Every morning we have a really big breakfast together – fried bread, bacon, lemon water, coffee, juice, porridge – it's a big thing. It's important because I'm running around so much for the rest of the day that I often don't have another main meal. And it's our time to catch up together.

What's your normal routine?

I get up at about 5.30-6am, have breakfast, go to work. That's really it! If I can squeeze in a dog walk, then I will. It just never stops – there's always something happening.

At the moment I'm coming home at 1am after work, and Richard will make me an omelette or something simple. I normally sit on the floor with the dogs as soon as I get in – they go bonkers when I come home. It's probably because I smell of food, but I like to think it's because they love me.

What was the first thing you bought for the kitchen?

The table. It was also the first thing we bought together and Richard says it symbolises everything about us. We hope it will just get

GET THE LOOK



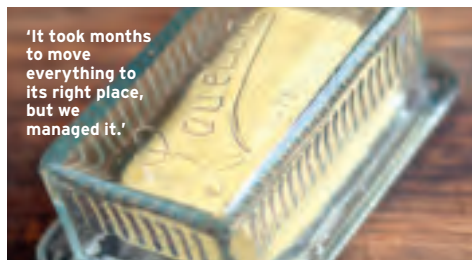
'I like looking out into the opposite building - which is a training studio for hairdressers!'



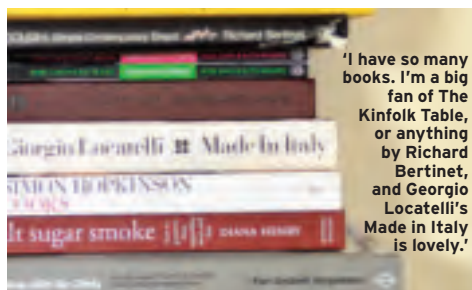
'I've collected plates from all over the place. Some are from Puglia, some from London markets and some are 19th-century. I've fallen in love with each of them and I know where they're all from.'



'I find old and restored objects more beautiful than new ones.'



'It took months to move everything to its right place, but we managed it.'



'I have so many books. I'm a big fan of The Kinfolk Table, or anything by Richard Bertinet, and Giorgio Locatelli's Made in Italy is lovely.'



'I like being able to chat to people while I cook - this is a lovely open space.'



This classic wooden tray is great for serving or alternatively, why not use it for storing spices and oils on. Dhs279 at Crate & Barrel.



Cook like a chef with this Le Creuset pan, they're a staple in Florence's kitchen and can stand the test of time so though it may be pricey, consider it as a kitchen investment. Dhs1,500 at Bloomingdale's Home.



Don't be afraid to mix and match plates like Florence does, they look wonderful on a set table. Riviera Melamine Tableware Dhs95 at Lakeland.



A rustic, wooden table is a beautiful addition. Sturdy, but stylish this Bernhardt table is great for families with its spacious seating space. The Bernhardt 'Quentin' table is Dhs4,550 at Bloomingdale's Home.

more worn and loved over the years. It's so robust that it will last forever. It takes five big men to carry it, although when we were moving in I was convinced we'd be able to move it without any help - I have this habit of thinking I'm stronger than I am.

What do you cook on?

Gas. I'd never used induction before the new Polpetto opened. There are some incredible benefits of having it professionally, as water boils in seconds and of course there's no open heat so you don't get hot. It's also a lot safer. But I still have a huge connection with gas - it's so natural.

What are your favourite gadgets?

I'm not a huge gadget person. I love our stovetop kettle, for example, but my husband hates it. He can't work out why we don't just have an electric one. The longer we're here, the more he tries to sneak things in. One day he might try to get a microwave, which I am totally against.

What ingredients do you rely on at home?

Planeta olive oil from Sicily and Moscatel vinegar made from the Spanish Muscat grape. I couldn't be in the kitchen without those two ingredients. And I love big unwaxed leafy lemons - they're key to my type of cooking. I also love grey, unprocessed salt and lots of herbs. 🌿

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Magnificent MALTA

From Valletta's prehistoric masterpieces to Mdina's atmospheric alleyways, Malta has a wealth of experiences to offer. The Mediterranean nation is truly a hidden gem and offers something for everyone to indulge in. By Rushika Bhatia.

Photographs SHUTTERSTOCK

The Azure Window is a limestone natural arch on the Maltese island of Gozo.

Malta presents a mix of cultural sites, scenic beaches, luxury resorts and stunning restaurants. If you are an adventure traveller, head to the coastline and enjoy a range of water sports. On the other hand, if you are looking for a lazy holiday, soak up some sun on one of the country's many beaches.

A day in Malta

Once you reach Valletta, hail a taxi and head straight to the historic temples of Hagar Qim – this is arguably one of the most enthralling prehistoric sites in the world. These temples are over 5,000 years old and are considered to be unique architectural masterpieces. The Visitor Centre that precedes the temples provides a wealth of information on the nature of these sites and offers various guided tours.

Take a short cab ride from the temples to arrive at the strikingly beautiful Blue Grotto – a system of natural sea caves. What makes this natural grotto particularly special is its location which allows it to combine with the sunlight and the chain of caves to reflect phosphorescent colours. Here, you can take a dip into the lovely waters, go

diving or enjoy a boat trip through the caves.

Next, head to Mdina City, which is one of the most frequently visited destinations in Malta. Mdina is an ancient walled city with historical traces back to 4,000 years. As you walk through the narrow alleyways and streets, you will observe that the town presents an interesting mix of Norman and Baroque architecture. This City has also been a popular filming site for leading movie and TV producers.

Finally, end your day with a visit to the breathtaking St. John's Cathedral, which is a precious artistic and architectural jewel in Valletta. As you walk into the cathedral, you will surely be mesmerised by a display of complex architecture and artistic talent. From the carved stone wall designs and the painted vaulted ceiling to the side altars and the elaborate marble floors, St. John's Cathedral exhibits exquisite craftsmanship. Something that you absolutely can't miss is Caravaggio's painting that depicts the beheading of St. John the Baptist! For both tourists and locals, this cathedral remains to be an important shrine and a sacred place of worship; it is sometimes also used for major cultural events.



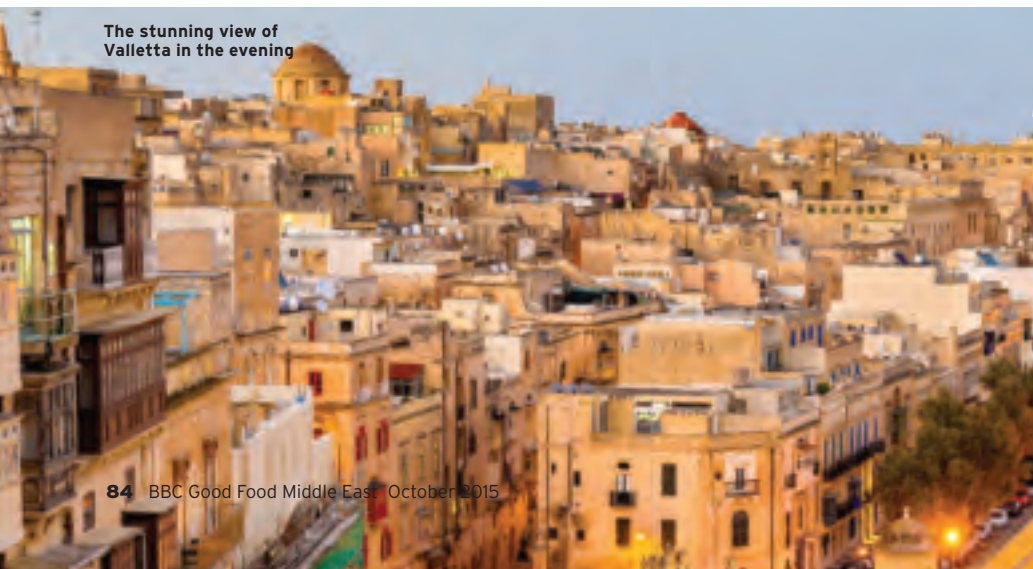
The lovely green, Maltese landscape



Yachts and boats moored in the bay near Valletta



Hagar Qim prehistoric temples in Malta



The stunning view of Valletta in the evening



Mdina, Malta St. Paul's Cathedral

Traditional Maltese plates with different ingredients and Gbejna, a small round cheese made in Gozo



Stewed rabbit is part of traditional maltese cuisine



Pasta ricotta with cheese and parsley

Culinary delights

Overall, Maltese food is very rustic and is a combination of fresh produce and the fisherman's catch. Most restaurants serve seafood specials (locals prefer these over the usual menu options).

You will also find that Malta's Sicilian-inspired cuisine offers a range of Pasta dishes, most of which

include two main ingredients – Ricotta cheese and parsley. Most meals are paired with a remarkable selection of locally brewed grape beverages.

If you speak to the locals, you will come to find that the Maltese specialty is the rabbit – try the traditional stewed rabbit (when cooked with wine and garlic, the results are absolutely delicious!).

Eating out, we recommend

Trattoria at The Xara Palace

Where to stay

The Intercontinental Hotel, Malta
Situating in the exclusive beachside resort of St Julian's, InterContinental Malta is just seven kilometres from Valletta, Malta's capital city, and within walking distance of some of the islands finest shopping and entertainment locations. Unwind by their lagoon styled outdoor pool, or simply enjoy at their private sandy beach. With six restaurants and six bars, some seasonal, InterContinental Malta offers an array of dining options.

Getting there

Emirates Airlines operates daily flights to Malta at competitive rates. Visit www.emirates.com for their best offers.

Hot attractions

Upper Barrakka Gardens

These gardens occupy the elevated space on the ramparts of St. Peter and St. Paul Bastion. The garden was laid down in the mid-17th century to provide a peaceful retreat for the pastime and relaxation of the Knights.

The Three Cities

These small cities go by the names of the Cospicua, Senglea and Vittoriosa. They are popularly known as the three Cities, a term which was first used during the French occupation, when Napoleon decreed that Malta was to be divided into a number of administrative units.

The Azure Window on the Maltese island of Gozo

The Azure Window is an impressive natural arch standing about 20 metres high. It makes a stunning backdrop for touristic pictures! >>



Upper Barrakka Gardens and Grand Harbor of Valletta



Underwater cave at The Azure Window in Gozo

TRY THIS

Aljotta Maltese fish soup

SERVES 6 PREP 25 mins COOK 50 mins **EASY** **IRON** **1 OF 5 A DAY** 

500g small fish like sprats, sardines, bogue (boops), gutted but left whole
1 onion, finely chopped
6 garlic cloves, finely chopped
4 tomatoes, de-seeded & chopped
2 tablespoons tomato paste
1 tablespoon dried mint
1/2 teaspoon dried marjoram
100ml dry sherry or dry white wine
2 fish stock pots or stock cubes
1.5 litres boiling water
Salt and pepper, to taste
2 tablespoons vegetable oil
Lemon wedges, to serve

1 Heat the oil and cook the onion & garlic covered and on low heat until golden brown. About 5-10 minutes.

2 Add the tomatoes, fish, mint, marjoram, salt, pepper and stir slowly, so as not to break the fish. Cook for about 5 minutes stirring occasionally.

3 Add the sherry or wine, give it a stir and cook until all liquid has evaporated.



4 Now add the stock pots or cubes to a measuring jug and dissolve them in some boiling water, about half a litre or so. Now add to the fish in the pot, add the remaining litre of boiling water. Stir carefully, add the tomato paste and stir again.

5 Bring to the boil and simmer on low to medium heat for about 30 minutes. Now if you do not like munching on the edible tiny fish bones, just pass the soup through a fine sieve before serving.

6 Serve hot with lemon wedges.



Maltese tuna pasta sauce

SERVES 3 **EASY** **IRON** **VIT C** 

1 onion, chopped
1 garlic clove, crushed
olive oil
200g can of tuna in oil
400g can of chopped tomatoes
1 tbsp tomato puree
1/2 tsp sugar
1 tbsp balsamic vinegar
3 sundried tomatoes, chopped

handful of pitted green olives, chopped
large handful of capers
1 tsp dried basil
freshly ground pepper

1 Fry the onion and garlic in olive oil until the onion is soft. Drain the tuna, flake it with a fork and add it to the onion.

2 Add the rest of the ingredients, stir well, bring to the boil and simmer for at least 20 minutes. Do not add any salt as the sundried tomatoes and capers are naturally salty.

Maltese almond biscuits

MAKES 12 Biscuits PREP 15 mins COOK 15 mins **EASY** 

400g ground almonds
400g castor sugar
4 egg whites (beaten)
25 ml almond essence
whole almonds/glacier cherries for decoration

1 Pre-heat the oven to 180°C.

2 Mix together the ground almonds and castor sugar.

3 Fold almonds/sugar into egg whites until sugar becomes dissolved and you are left with a sticky mix

4 Scoop out little balls of the mix and place onto edible rice paper (or grease-proof paper if you can't get) and add an almond/glacier cherry onto each

5 Bake for 15 minutes and leave to cool 



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Spice it up

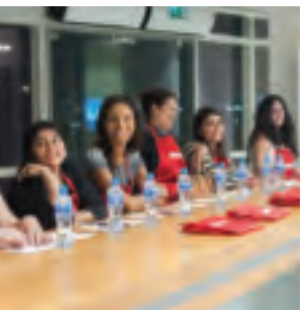
Our latest Food Club event last month saw award-winning chef de cuisine, Amrish Sood of Rang Mahal by Atul Kochhar, JW Marriott Marquis Dubai create an irresistibly flavoursome three-course Indian menu for a small group of our Premium members at the state-of-the-art Miele kitchen gallery.



The evening began with an array of tasty canapés and mocktails, whilst Chef Amrish socialised with Food Club members, sharing valuable knowledge from inside the kitchen. Sophie McCarrick, Editor, BBC Good Food Middle East, then welcomed guests before heading upstairs to the ultra-modern Miele kitchen, where the real fun began and the cooking class started.



Text: SOPHIE MCCARRICK | Photography: MAKSYM PRYCKIN



*Chef Amrish put together a three-course menu
inspired by Indian cuisine found in the
Indian state, Kerala - a place known as 'land of spices'*



WITH DIWALI JUST AROUND THE CORNER, HERE ARE THE THREE MOUTH-WATERING RECIPES BY CHEF AMRISH TO TRY AT HOME:

STARTER

Meen Pollichathu

Fish covered with pepper-spiced masala, wrapped in banana leaf and grilled



SERVES 4

4 x 120g farmed sea bass fillet

Salt, to taste

1/2 tsp black pepper powder

1/2 tsp turmeric powder

30ml lemon juice

1 tbsp red chilli powder

1/2 tsp ginger

1/2 tsp garlic

1/2 tsp black peppercorns, crushed

2 tbsp oil

1/2 tsp mustard seeds

4 sprigs curry leaves

2 medium onions, sliced

2 green chillies

2 tomatoes, sliced

118ml thick coconut milk

4 banana leaves

1 Clean the fish and make gushes on both the sides. Mix salt, black pepper powder, turmeric powder and lemon juice in a bowl. Apply this mixture on the fish and set aside for 5 mins. Meanwhile, grease the banana leaves with a little oil.

2 In a mixing bowl add red chilli powder, ginger paste, garlic paste and crushed black pepper corns. Heat oil in a pan, then add mustard seeds, curry leaves and onions then sauté for 2 - 3 mins. Add in the green chillies, the mixture of red chilli paste and sauté on high heat. Add tomatoes and continue to sauté.

3 Add thick coconut milk and salt to the masala and mix. Remove from heat and spread on a plate to cool. Meanwhile, take a banana leaf and spread some masala on it, then place the fish over the masala and spread some more masala on top.

4 Fold the edges and secure with toothpicks. Similarly prepare the other fish.

5 Heat some oil in a pan and place the wrapped fish on top. Cook, turning the parcels a few times for 5 - 6 mins. Serve the fish hot wrapped in banana leaves.

MAIN

Kozhi Ularthiyathu

Sautéed chicken in Kerala masala, wrapped in banana leaf and finished in the oven



SERVES 4

3 tbsp vegetable oil

1/4 tsp mustard seeds

1 tbsp chopped garlic

118ml chopped onions

Salt, to taste

1 1/2 tsp coriander powder

237ml chopped tomatoes

1/4 tsp turmeric powder

1/2 tsp chili powder

2 tbsp tamarind pulp

1/2 tsp crushed fennel seeds

2 sprigs curry leaves

200g chicken, cubed

10g toasted cashew nuts

2 tbsp chopped fresh coriander leaves

1 small green chili, sliced

118ml coconut milk (Maggi)

1 Preheat oven to 150/175C. Heat oil in a sauté pan and add mustard seeds, chopped garlic and chopped onions. Cook the onion till golden brown. Add coriander powder to the onions along with chopped tomatoes, turmeric powder and chili powder. Cook the masala well then add tamarind pulp followed by crushed fennel seeds and torn curry leaves for a 2 -3 mins.

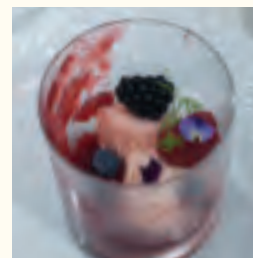
2 Season the chicken with salt and chili powder then fry the chicken in medium to hot oil till cooked. Add the fried chicken to the above masala add toasted cashew nuts, crushed fennel seeds and coconut milk. Continue cooking till chicken masala is thick in texture.

3 Transfer the chicken masala in a banana leaf and sprinkle some chopped coriander and sliced green chili. Wrap it nicely and bake it in a preheated oven for 5 mins. Serve in banana leaf.

DESSERT

Bengali cheesecake

Baked yoghurt rose essence with fleshy berries and caramelised pistachio



SERVES 6

325g Greek yoghurt

350g condensed milk

25g rose syrup

25g dry rose petals

1 Preheat oven to 180C. In a mixing bowl add Greek yoghurt, condensed milk, rose syrup and dry rose petals (picked), mix them gently and allow it to rest in a refrigerator for one hour.

2 Pass the above mixture through chinos. Spoon the strained yoghurt mixture in equal quantities in six muffin paper cups. Align the muffin cups in a baking tray. Add warm water in the baking tray (ensure the level of water should be not more than 1/2 cm of aligned cups).

3 Bake the cups in a preheated oven for 5 mins. Remove the baked cups from the baking tray and store them in a refrigerator at least for an hour before serving.

4 To Serve, remove the baked cheesecake from the muffin cup, plate it on a dessert plate along with some fresh berries, crisp biscuit and caramelised pistachio. 🍷

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Enjoy a decadent two-night stay in a one-bedroom suite on half-board basis at the magnificent Fairmont Ajman.

Having only been open for a few months, the Fairmont Ajman is rapidly making its mark on the UAE's hotel scene. The five-star resort provides the perfect sanctuary for a blissful staycation away from chaotic city life. With an expansive stretch of sandy beach, an infinity pool, spa facilities and much more, experience true luxury in the Emirate as all your worries melt away.

Guests can enjoy uninterrupted panoramic views of the Arabian Gulf from the beautifully-decorated rooms and suites of which there are 252 – including two-storey penthouses.

Also on offer at the hotel is its impressive portfolio of eight restaurants and lounges including Spectrum offering up international cuisine and XOLO Bar, which serves innovative, fun cocktails using locally-sourced ingredients. Of course, while soaking up the rays, guests can enjoy beverages and a variety of dishes from the relaxed Poolside Bar.

The lucky winner will be staying in a one-bedroom suite for two nights with a guest and can enjoy Fairmont Ajman's vast facilities on a half-board basis.

The prize draw for a two-night stay for two people at Fairmont Ajman worth Dhs7,500 will be made at the end of October 2015. The prize is valid until May 2016, reservations are required and confirmation is subject to availability. The winner must arrange their own transport.

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to enter this competition and simply answer this question:

How many restaurants and lounges does the hotel have in total?



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

Win!

A **3-night stay** for a family of four in the **Maldives** worth **Dhs13,000!**



Enjoy the magic of the Maldives with a relaxing three-night stay for two adults and two children (under 12 years) at The Sun Siyam Iru Fushi Resort, inclusive of meals.

Located on the unspoiled Noonu Atoll, the exclusive Sun Siyam Iru Fushi is where nature's simplicity and beauty is in abundance, a world away from the everyday.

The resort features 221 luxury oceanfront villas, including 70 over-water bungalows, 14 restaurant and bar choices, a 20-room tropical spa, and a range of activities and opportunities that allow you to explore island life.

This sun-soaked paradise features an array of leisure offerings including water sports and a children's activity area – Koamas Kidz Paradise – making it the perfect destination for a family getaway, which allows adults to unwind while children enjoy the entertainment and make the most of the outdoors.

Pamper yourself at the resort's spa with an in-house Ayurvedic doctor who tailor-makes wellness programs or indulge in a dreamy massage by the expert practitioners.

The winning family of four will be treated to a stay in the luxury oceanfront villas with minimalistic décor, breath-taking views and complete comfort.

This is your chance for you and your family to enjoy a three-night stay in one of the resort's luxury oceanfront villas and dine in the Iru Restaurant that boasts an extensive menu in a prize draw worth over Dhs13,000 that will be made at the end of October 2015. The prize is subject to confirmation of availability by the resort and is valid from November 1 2015 to November 1 2016. The winner must arrange their own transport to the Maldives and resort.

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to enter this competition and simply answer this question:

How many luxury waterfront villas does The Sun Siyam Iru Fushi resort offer?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

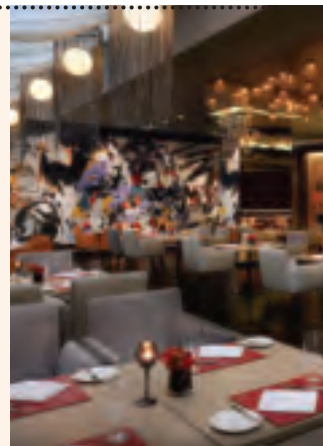
WIN! ONE WINNER AND THREE GUESTS WILL WIN ENTRY TO THE COUNTRY MUSIC FESTIVAL INCLUSIVE OF BUFFET AND HOUSE BEVERAGES, SHERATON JUMEIRAH BEACH RESORT, WORTH DHS1,200

Country music fans are in for a treat in November with Dubai's first Country Music Festival. The winner and guests are in for a great experience filled with live music, an American-style barbecue, house beverages and a mechanical bull!



WIN! A VOUCHER FOR TWO PEOPLE AT SOUL RESTAURANT & BAR, MÖVENPICK HOTEL JUMEIRAH BEACH, WORTH DHS1,000

Enjoy a decadent dinner for two at Soul Restaurant & Bar in the Mövenpick Hotel Jumeirah Beach. With quirky and chic décor, along with indoor and outdoor seating, the eatery offers famous New York cuts and favourites for dinner. The contemporary venue perfectly blends night-time glamour with a comfortable and upbeat atmosphere.



WIN! A WEEKEND MASTER YUM CHA FOR FOUR AT SHANG PALACE, SHANGRI-LA HOTEL DUBAI, WORTH DHS1,000

The winner of this spectacular prize can indulge in a Cantonese dim sum feast at Shang Palace's Weekend Master Yum Cha with three guests. Available on weekends, the delightful concept features a variety of baked and deep-fried dim sum, hand-pulled noodles, stir-fried vegetables and rice with your choice of soup and dessert.



WIN! BRUNCH FOR TWO AT MAZINA, THE ADDRESS DUBAI MARINA, WORTH DHS630

Mazina, The Address Dubai Marina's all-day dining restaurant, serves up a delectable brunch every weekend. One lucky winner and a guest will have the opportunity to tuck into the restaurant's eclectic collection of Asian, Arabic and European dishes, which are all cooked at live stations for diners from wok-fresh dishes to rotisserie-grilled meals made by the outlet's multi-cultural Chefs.



WIN! VOUCHERS FOR THE SEA FU SATURDAY BBQ, FOUR SEASONS DUBAI, WORTH DHS590

The lucky winner and a guest can enjoy a relaxing Saturday by the sea. On offer from Sea Fu is a plethora of the freshest and tastiest seafood. The barbecue is followed by a bonfire at the beach while enjoying live entertainment. Included in the prize are starters, mains and desserts (beverages are not included).



WIN! A DINING VOUCHER AT GINGER RESTAURANT, RAMADA JUMEIRAH HOTEL, WORTH DHS500

Passionate about authentic and traditional Asian food, Ginger restaurant at the Ramada Jumeirah Hotel features an impressive open kitchen providing an insight into the chefs at work and showcasing their skills while being wowed by the flaming woks and catching scents of the tantalising aromas.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





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Our photographer, Maks, works his magic at the birthday cake photoshoot last month.



Sugar Moo created such a fun cake for us in celebration of our birthday!



Elaine, Odie, Sophie, Surena and Maks get-together for BBC Good Food Middle East's eighth birthday!

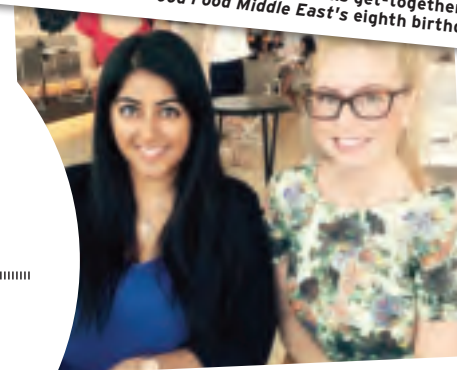


Chef Russel entertains at the fabulous Galeries Lafayette Gourmet Food Fest 2015!

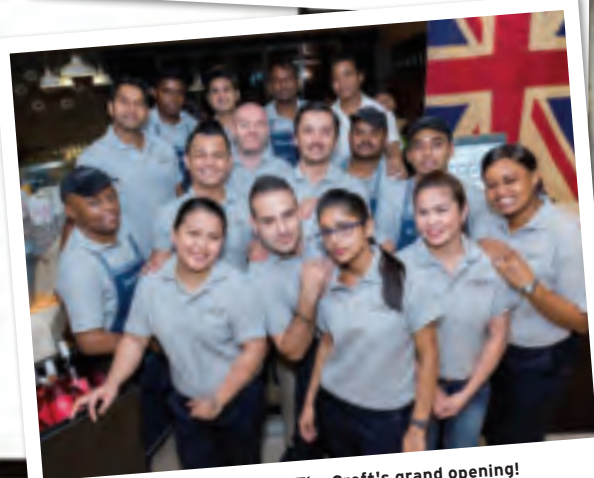
Behind *the* scenes

Take a look at what the *BBC Good Food Middle East* team got up to last month! Places we've been, things we love and the latest must-try dishes!

#bbcgoodfoodme



Surena and Sophie check-out the new breakfast menu at Cove Beach, Jumeirah Beach Hotel.



Surena and Sophie headed to The Croft's grand opening!



Chef Tom Aikens launches his new restaurant, Pots Pans & Boards at The Beach on JBR.



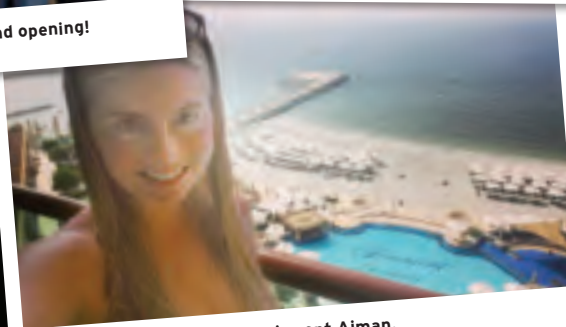
After three issues as Acting Editor, Sophie was made Editor of *BBC Good Food Middle East*!



A yummy selection of breakfast items on offer at Cove Beach - the smoked salmon benedict is delish!

Share your foodie snaps with us

@BBC GoodFoodMiddleEast
 @BBC GoodFoodMiddleEast
 @BBCGoodFoodME



Sophie takes a trip to visit Fairmont Ajman. Don't miss the hotel's competition on page 92!

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